

NYPL RESEARCH LIBRARIES



3 3433 07736242 8

*The
Fireless Cooker.
How to Make it
How to Use it
What to Cook*

*What can be done with it
How to begin your cooking*

VTI

Lovewell

THE FIRELESS COOKER

HOW TO MAKE IT
HOW TO USE IT
WHAT TO COOK

BY

CAROLINE B. LOVEWELL
FRANCES D. WHITTEMORE
HANNAH W. LYON

"Build thee more stately mansions, O my soul,
As the swift seasons roll!
Leave thy low-vaulted past!
Let each new temple, nobler than the last,
Shut thee from heaven with a dome more vast,
Till thou at length art free,
Leaving thine outgrown shell by life's unresting sea."

THE HOME PUBLISHING CO.
TOPEKA, KANSAS
1908

msm



Copyright, 1908

By CAROLINE B. LOVEWELL and FRANCES D. WHITTEMORE.

H. M. IVES & SONS, PRINTERS
TOPEKA, KANSAS

To

The woman who would make the best use of all her time,
who would secure the greatest results with the most
economical outlay of energy, the woman who
prepares the daily food; our sister,
whenever and wherever she
may be, this book is
affectionately
dedicated.



Digitized by the Internet Archive
in 2007 with funding from
Microsoft Corporation

Table of Contents.

Weights and Measures	vi
The Fireless Cooker	1
The Promethean Cooker	7
The Steamer Cooker	17
Cooking Utensils	21
How to Use It	23
How to Cook in a Refrigerator	29
The Insulated Oven	31
An Insulated Cold Box	34
An Insulated Pail	35
A Suggestion	36
Recipes	37

Weights and Measures.

2 cupfuls of granulated sugar	1 pound
2½ cupfuls of powdered sugar	1 pound
2 rounded tablespoonfuls powdered sugar	1 ounce
1 heaping tablespoonful granulated sugar	1 ounce
1 heaping tablespoonful of butter	2 ounces
Butter size of an egg	2 ounces
¼ cupful of butter	2 ounces
4 cupfuls of flour	1 pound
1 heaping quart of flour	1 pound
2 gills	1 cup
1 pint of milk or water	1 pound
1 tablespoonful of liquid	½ ounce
2 cups of chopped meat	1 pound
1⅞ cups of rice	1 pound
2 cups of raisins packed	1 pound
2¼ cups of currants	1 pound
2 cups of stale bread crumbs	2 pounds

Measuring.

The cup used in measuring is the cooking cup, marked with halves and quarters, which is equal to half a pint.

A spoonful of sugar, flour, etc., means a rounding spoonful, as much rounding from the spoon as is held in the bowl.

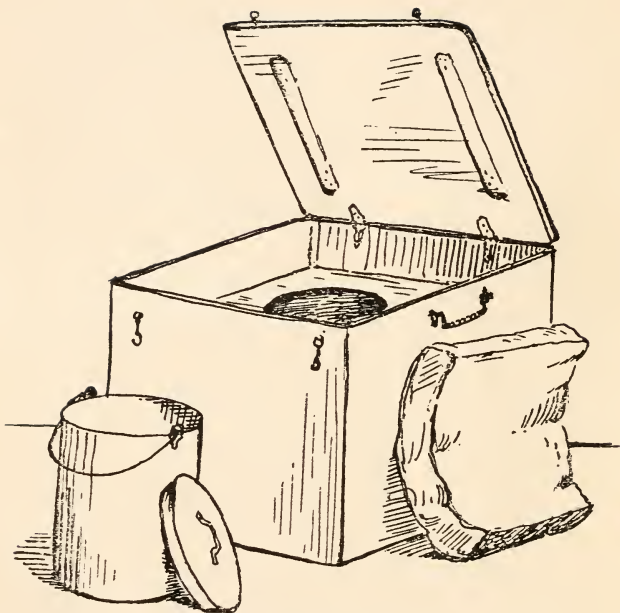
A spoonful of salt or spices means only as much as the bowl will hold.

One-half spoonful means half the contents of the bowl divided lengthwise.

A heaping spoonful means as much as the spoon can be made to hold.

Proportions.

- 3 to 4 eggs to one pint of milk for custards.
- 1 saltspoonful of salt to one quart of milk for custards.
- 1 teaspoonful of vanilla to one quart of milk for custards.
- 2 ounces of gelatine to $1\frac{3}{4}$ quarts of liquid.
- 4 heaping tablespoonfuls of cornstarch to one quart of milk.
- 2 heaping teaspoonfuls of baking powder to one quart of flour.
- 1 even teaspoonful of baking powder to 1 cupful of flour.
- 1 teaspoonful of soda to 1 pint of sour milk.
- 1 teaspoonful of soda to $\frac{1}{2}$ pint of molasses.
- 1 teaspoonful of baking powder is equivalent to $\frac{1}{2}$ teaspoonful of soda and 1 teaspoonful of cream of tartar.
- $\frac{1}{2}$ cup of yeast to 1 pint of liquid.
- $\frac{1}{4}$ cake of compressed yeast to one pint of liquid.
- 1 teaspoonful of salt to one quart of soup stock.
- A pinch of salt or spice is one saltspoonful.



THE FIRELESS COOKER.

The Fireless Cooker

A fireless cooker consists of a kettle or other vessel that can be heated, enclosed in a box or other outer shape, with enough insulating material between them to prevent the heat in the kettle from escaping. Food brought to a boiling point over a fire and enclosed in such a way must continue to cook. It is an easy matter to make such a contrivance. After choosing a good kettle with a tight cover, select a box large enough to allow six or eight inches of insulating material. This must be so adjusted as to form a compartment for the kettle in the middle of the box. Make a firm cylindrical shape to fit loosely around the kettle, and fasten a circular bottom to it. For the packing use wool, cotton, ground cork, crumpled newspaper, or some other nonconductor of heat. Fill the bottom of the box to a depth of three inches, and place the metal or pasteboard cylinder upon it. Pack all around the cylinder up even with the top. Press the packing down very hard. The top of the insulating material may be neatly covered with cloth or metal or with a board having a round hole in it. A thick cushion is now needed to insulate the space above the kettle and the lid of the box should be held closely down. This simple compartment with its single kettle will prove that a fireless cooker is a most useful article in any home. Another compartment with another kettle in it is easily added; then two kettles in each compartment, one above the other.

The ease with which a fireless cooker can be constructed, the small outlay necessary to insure a perfectly efficient and reliable cooker, and the great comfort, convenience, and saving the cooker has been to us, the past two years, have led us to place this wonderful and practical plan of cooking before you. The directions and explanations are the outgrowth of tests and experiments, and this volume is put forth in the hope of helping others. We hope that the conservative or skeptical may be induced to make a cooker, even if ever so simple, and by experimenting realize the good of which it is capable.

The primary object is to save the time and strength of the cook. Women may be so busy in the doing, in the laborious service of the Biblical Martha, that they find no time to accept the invitation, "Come ye apart and rest awhile," whereby to gain steadiness of purpose and power to meet the exigencies which must arise in all daily life.

The fireless cooker saves fuel also, and utilizes many of the cheapest and most nutritious foods. It wins to our glad service the tough but nutritious meats and all kinds of dried beans, peas, lentils, corn, and fruits which we seldom use because of the time and fuel required to make them tender and palatable. The result is that the housewife who is so disposed, may keep a much larger per cent of the family income out of the kitchen and yet "set a good table" of the most deliciously cooked food.

We have adapted our old tried and favorite recipes to the cooker; and many new combinations result from the use of the articles requiring long cooking. The recipes herein given may supply a family with nutritious and wholesome food, of pleasing variety, and tempting alike to the eye and the palate. Supplement fresh fruits and salad greens, delicate crackers, cheeses, nuts, salad oils, sauces, and candies, according to your taste and pleasure, and the most fastidious are satisfied.

The manager of a cooking box will be willing to study it and its possibilities somewhat as she does a new sewing machine and its attachments. Use a little wise forethought, some careful attention to the menu, and, with recipes skilfully concocted, the result will be a delight. The cooker may not do all the work any more than the sewing machine does, but it certainly deserves a large place in our culinary department.

Busy women, mothers, teachers, students, and all those who have work outside as well as in the home, may prepare wholesome, nutritious, economical, and attractive dishes, with very little time spent over the kitchen fire.

Many dishes, like the meat and potato stew, vegetable soups, etc., will serve for a complete dinner, with the addition of a dessert of fresh fruits or of a dainty pudding. All of these can be prepared in the cooker early in the morning and be ready for the midday meal or for the dinner at night.

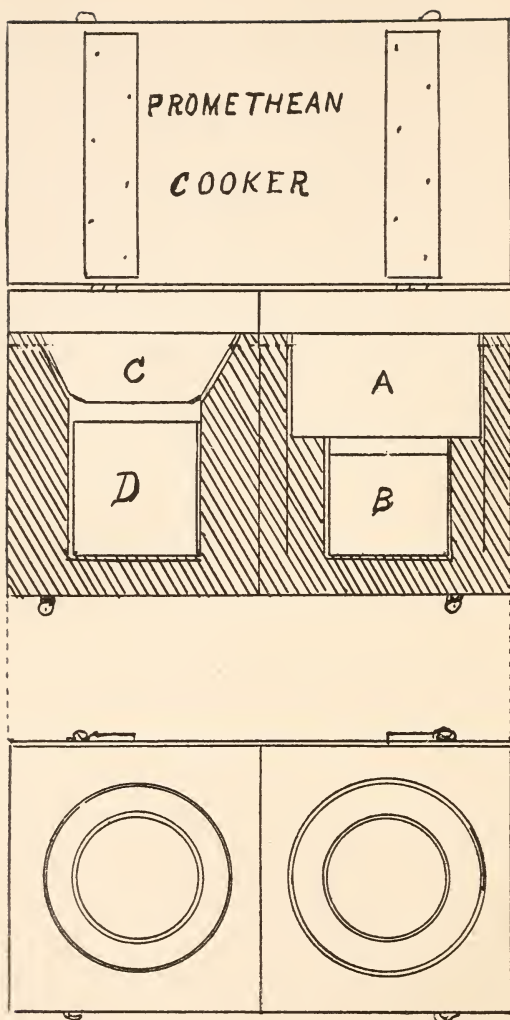
By this method cookery becomes truly laboratory work, and it is probable that fireless cookers

of one kind or another will soon be found in nearly every home; on the ranch of the cattle man, in the tenement of the wage-earner, and in the home of the rich. They are already used in Europe. In Sweden they are built into the house adjacent to the kitchen chimney. Hotels in this country are adopting them. The United States army is proving their value at the government posts, and also in the field. Their principal value in the army is as a time saver. Breakfast is prepared during the evening thus avoiding the necessity of the cook's rising before daylight. On the march, after breakfast is served, dinner is prepared, placed in the cookers and on the wagons, and served immediately on arrival in camp, instead of several hours later as has been the custom. The big packing companies appreciate this method and use immense boiling cookers to boil their hams for the market, and claim that they save thereby twenty per cent of shrinkage.

The idea of fireless cooking is still in the process of development, and the most finished cooker of to-day will, no doubt, seem to the future housekeeper as crude and primitive as does the Indian bake oven to us. The cooker need not be of home construction. There are several manufactured cookers on the market. Some of them are of unquestioned merit; and we should be glad, if you wish, to put you in communication with the manufacturers of those which seem to us the most desirable. But we are pledged to no cooker company. Our plea is for the idea, the method, which is so full of promise to the housekeeper.

It will save countless steps and much anxiety. It is capable of doing a large part of your cooking while you sleep. And we would like to make the plea so strong that every housekeeper, every mother who gleans hints of helpfulness from this little book, may be induced to adopt the method in her home. What we plead for is a clear recognition of the principle that viands heated to a cooking temperature will continue to cook if surrounded by nonconducting material. Our refrigerators keep the heat from going in, while our cookers keep the heat from going out.

A few blank pages are introduced so that each housewife may adapt and insert her own favorite rules.



The Promethean Cooker

During the two years and more in which we have experimented with the Fireless Cooker we have tried many models and devices. We have cooked in boxes of various sizes and shapes, in trunks, in a tin bread box, a wooden bucket, and in a barrel; and we have not slighted the pantry drawer nor forgotten the ice box. In all these experiments we have had a good degree of success and the food has *really cooked*. While we confess that we have a choice as to material, size, and proportion, we have reached the conclusion that any receptacle that can be tightly closed, and in which packing can be placed, may be made to serve as a cooker.

These tests have clearly demonstrated the principle upon which the fireless cooker is based; that of the conservation of heat. When food is heated to the boiling point and kept at that temperature or a little below for a certain length of time by placing it under conditions where the heat cannot escape, the food is bound to cook. It could not do otherwise.

There is a great variety of plans and models with which we are familiar. Many have decided merit and accomplish the object for which they were constructed, but we have found that the cooker illustrated on the opposite page, because of its compact form, its large capacity, and the varied sizes of the utensils used, makes a most desirable and complete cooker for the use of the average family.

We have thought that it might be helpful to describe this cooker and its construction in detail so that you may if you choose, with but little time spent in planning and fitting, make a similar one for your own use.

First select your box and packing material. The latter may be any one of several substances; wool, cotton, excelsior, crushed paper, ground cork, or asbestos wool or fiber. All of these materials have been used with most excellent results. We do not recommend hay which was used in the original cooker, the "Norwegian Hay Box," but any good nonconductor of heat which is available will make good packing.

You may find in your store-room a quantity of cotton which has seen honorable service in some other capacity and has been discarded. This, if thoroughly washed, sterilized, and dried, will make good packing.

The cooker illustrated we packed with three different kinds of material to test their efficiency. One compartment is packed with wool, a fleece having been thoroughly washed and dried. The second compartment is packed with ground cork with sufficient cotton above to hold it down solidly and keep it in place. So far as we can judge there is no difference in the effectiveness of the different materials here used. The ground cork is used for packing the foreign grapes that come to our markets and may be obtained from any grocer. If paper is used, it should be torn into small pieces, wrinkled and crushed, and packed down solidly. This is much liked by some who have experimented extensively.

Now for the box. Procure a box the inside measurements of which are twenty-eight inches in length, height without the cover seventeen inches, and width fifteen inches. This is a size that may be found among almost any collection of packing boxes and may be had for a trifle. Select one that is smooth and free from knots and cracks. If there are heavy battens at the corners on the outside as is often the case in this class of boxes, take them off and put them inside the box as corner stays. The box will then present a more attractive appearance. Put a thin board partition through the center, dividing the box into two equal compartments. About two and one-half inches from the top of the inside of the box fasten a narrow strip of wood on each of the four sides of the two compartments for the inside covering to rest upon. Now have a good fitting cover made with cleats or stays across, so that it will not warp. This may be made in two sections if desired. Fasten on the lid with two good strap hinges. By the addition of four ball bearing casters and two fastenings for the cover, which are window locks of a pattern that is easily obtained, the box is ready for packing.

To pack the box get some fine grained strong pasteboard like that in the suit cases used by the drygoods merchants for delivering their goods. This is especially good for the purpose as it will not break easily and keeps its place well. For compartment A—B make from this board two cylinders leaving the turned edges at the top to strengthen them. For the large cylinder cut a cir-

cular piece of the board twelve inches in diameter; around this sew a strip of the same twelve inches wide, leaving a generous margin to overlap as you sew the sides together with a stout needle and thread.

The second cylinder made in the same manner should be nine inches in diameter and six and one-half inches in depth. Cover these cylinders on the inside with a light padding of some sort sewed on lightly.

Now put into the compartment A—B two and one-half inches of packing material pressing it down firmly and evenly. Place the large cylinder in the center, hold it firmly in place, and fill the space around it until it reaches the top of the cylinder. *Press and pack it down as hard as possible*, for upon the manner of packing the cooker depends very largely the success of the cooking. If ground cork is used, put over it some cotton or wool to keep it well in place. Now place the small cylinder in the center of the bottom of the large one and pack around that in the same manner, adding the cotton at the top as before.

For compartment C—D make the cylinder for the lower portion nine and three-fourths inches in diameter and eight inches in depth, following the directions given for the other cylinders. The upper portion is flaring, being eleven inches in diameter at the top, and at the bottom the size of the lower cylinder, nine and three-fourths inches, and four and one-half inches deep. Sew the lower edge of the flaring portion to the top of the lower cylinder and cover with the padding.

Pack the lower part of the compartment as you did the first to the depth of two and one-half inches. Place the cylinder in center and pack solidly the space between that and the sides of the compartment. The cooker is now ready for the lining.

The lining material used in the cooker illustrated was a firm cotton covert of a light brown or mode shade, and it has been very satisfactory. We would suggest a finely woven crash, or some similar material, as more suitable to use about the cooking, than the dark, rough cotton flannels that have been so much employed; but any firm cloth may be used according to your taste and convenience. It will require about three and one-half yards of material twenty-seven inches wide to line the box. The measurements given allow for ample seams.

For the top of each compartment there should be prepared a piece of heavy pasteboard or thin wood just the length and width of the inside measurements of the compartment. This is to rest upon the narrow strips of wood before mentioned. Circular holes eleven inches in diameter should be cut in each of the pasteboard covers. We like the pasteboard better than wood and prepared ours, because we could not find as heavy board as we wished, by gluing together two ordinary thicknesses of pasteboard and drying it under pressure. It keeps its place well and still is a little more yielding than the thin wood. What is called proof-reading board is excellent for the purpose when it can be obtained at the printers.

Now cut from the lining material two pieces about two and one-half inches larger each way than the pasteboard covers. From the center of each cut a circle ten inches in diameter. For compartment A—B cut a circular piece nine inches in diameter. Around this sew a piece twenty-seven and one-fourth inches long and seven inches wide, joining it at the ends. Cut another strip thirty-six inches long and six and one-half inches wide. Join the ends and sew it to the circular opening in the top lining. There is now an uncovered space between the upper and lower lining portions. These are joined by a circular piece eleven inches in diameter from the center of which is cut a circle nine inches in diameter. Now join the inside edge of the circular piece to the lower cylinder lining, and the outer edge to the upper lining. Place the top lining over the pasteboard cover, fold over the edges smoothly, and glue them to the under side.

Compartment C—D is covered in a similar manner, the circular piece for the bottom of the cylinder being nine and one-half inches in diameter, and the piece to be sewed around it thirty inches long and eight inches wide. To the opening in the top lining sew a strip thirty-seven inches long and five and one-half inches wide, and join the ends. Sew the lower edge of this to the top of the cylinder lining just made, and lay the extra fullness in small plaits. Place the top lining over the board cover and glue as before. The completed linings may now be placed in their respective compartments resting on the narrow strips of wood.

Compartment A—B may be lined by joining to the top opening a piece of the material thirty-seven inches long, the width being equal to the depth of the entire cylinder plus three inches. This is to be laid in small plaits as it is joined to the circular bottom. This will not make so smooth a cover but may seem more simple.

We shall now want some cushions. These must be of varied sizes to meet the different needs. First two cushions are made by cutting for each two pieces of the lining material fifteen inches long and fourteen inches wide and joining them with a strip of the same cloth three inches wide. Fill them evenly and firmly with the packing material. Cotton is especially good for this purpose. They should just fill the space above the cylinders. By sewing together the two round pieces cut from the top lining and filling lightly with cotton a very useful little cushion may be made to place between the dishes. Then there should be a medium sized cushion about twelve inches square filled with cotton or any material that will bear crushing. This may be used when only the lower compartments are in use, pushing it well down over the kettle and placing the square one over it. Experience will teach the best use to be made of the cushions.

To make the linings removable, cover the board tops of the compartments permanently with the lining material, with the edges glued to the under side. Then hem the upper edges of the cylinder linings and fasten them to the tops with some of the snap fasteners found at the dry goods stores.

They may then be removed and cleansed as often as you choose.

The special advantage of the little pocket B is that small quantities of food may be put into the kettle, heated to boiling and placed directly in the cooker, without first inclosing in a larger vessel, thus saving the time and fuel consumed in heating a large body of water.

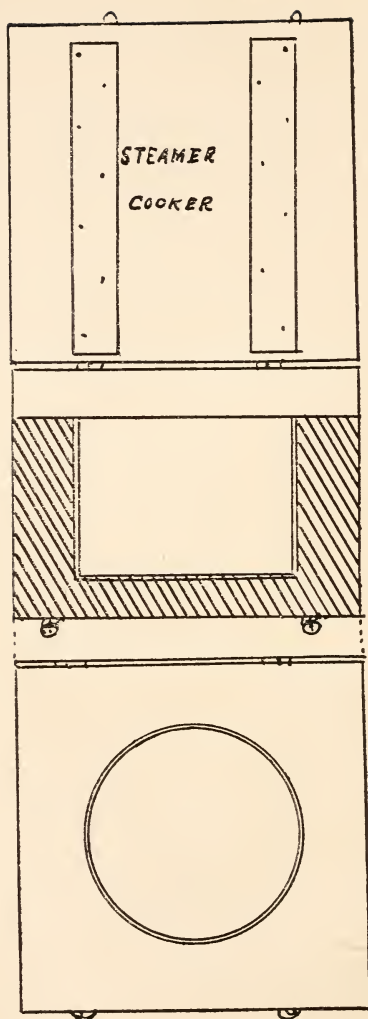
The utensils used with the cooker are a Berlin kettle holding about seven quarts, measuring six inches in depth and ten and one-half inches in diameter; a bucket or kettle seven and one-half inches deep and nine inches in diameter, holding eight quarts; a smaller bucket of three and one-half quarts; and a shallow kettle or baking pan of two and one-half quarts capacity. These are all of granite ware with tight fitting lids.

If the wood of the box is even in color, and of good grain, it may be finished with any of the handsome wood stains that are so much used, or it may be painted as your taste may suggest. In any case you have a fireless cooker that would be an attractive addition to the furnishing of any kitchen and that will pay you many times over for the time and small amount of money involved in the making. If the description, in the reading, seems elaborate or complicated, be assured it will be a simple matter to work it out.

One need not be confined to the size and capacity of the cooker here described or to the material used in its construction. Very handsome boxes may be made especially for the purpose and finished in as ornamental a manner as one chooses.

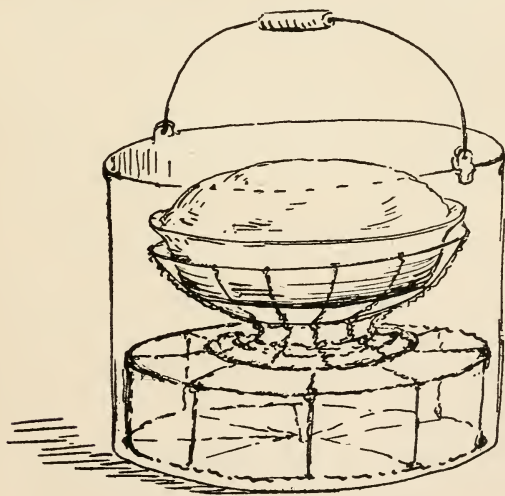
The description is given merely as a suggestive plan that may be easily and inexpensively carried out, and because the cooker described has been such a capable and efficient helper in our kitchen during the many months in which it has been used. It has never disappointed us nor refused to do our bidding.

We have called this box the "Promethean Cooker" since the meaning of the word, "fore-thought," so well expresses one of the chief merits of this method of cooking.



The Steamer Cooker

As a supplement to the "Promethean Cooker", for cooking larger quantities of food and for making experiments we constructed our "Steamer Cooker" with a single large compartment. The Steamer Cooker is so called because of the successful steaming which has been possible by its use. This does not mean boiling. A deep wire basket is placed in the boiler as illustrated and



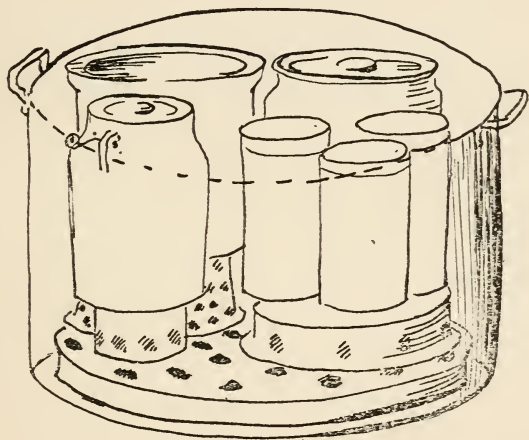
the dish containing the pudding, or whatever is to be steamed, is placed in the rack, which holds it well out of the water. The large amount of water supplies a large quantity of heat which cooks the food to perfection, and as quickly as

when it is steamed over the fire. This plan may be carried out successfully in the large kettle of the "Promethean Cooker". Those who have had the kettles over which food was steaming "go dry" and consequently the cooking retarded will appreciate this method of steaming. As there is no evaporation, all the steam generated must remain until the box is opened, and the food is sure to cook.

The box of the "Steamer Cooker" measures eighteen inches in length and width and is fourteen inches high. In this cooker we use a copper boiler with a strong bail and tight fitting cover which we had made for the purpose. This boiler is twelve inches in diameter, eight and one-fourth inches high, and holds three gallons. The box is made and packed in a similar manner to the Promethean Cooker. Such a cooking box would be found most useful in any family of medium size and may be very simply and inexpensively constructed. A large granite kettle may be obtained suitable for the purpose, in place of the copper boiler and will be cheaper. In it may be prepared the Saturday night's supper of Boston baked beans and brown bread and at the same time a dainty dessert.

These dishes may be made ready early in the morning, requiring but a short time over the fire, then shut up in the box and rolled under the table, needing no further care. When the Saturday's work is done, the clean, cool kitchen may be closed, and without a suggestion of heat or steam, or a thought of a fire to watch, a supper to delight

the heart of any housewife will be ready at the appointed time, attractive and appetizing. This is possible in the hottest day of summer. Many uses for such a box may be found in every family, the boiling of a ham or chicken, and the cooking of a holiday dinner being among them.



We have a still larger boiler of granite ware holding four and one-half gallons and inclosed in a box of suitable size with three and one-half inches of packing around it. The diameter of this boiler is fourteen inches and the height eight and one-half inches. We have found this very useful for special purposes. In it one may cook enough delicious Boston brown bread for a whole church supper or picnic, if the batter is placed in deep twenty-five ounce baking powder cans. The greater part of a dinner for harvest hands may be put into the boiler early in the morning while

it is cool, thus relieving the labor of the housewife. It may cook a ham in one night and the next may boil eight or ten pounds of beef and so solve the problem of meat for many men and for many a day.

The large boilers should be broad rather than deep so that several jars or cans may be placed side by side. These receptacles should reach nearly to the top of the boiler thus allowing a large body of hot water and insuring perfect cooking.

Cooking Utensils

The ingenious woman can adapt the utensils in her pantry to the new uses required by this method of cookery. Porcelain, granite-ware, aluminum, crockery, and stone-ware are all excellent. Tin rusts and should be avoided in steaming. However, tin pans or lids already on hand may be safely used if coated with clear drippings or cottolene and baked. This will darken the tin but not injure it and will prolong its usefulness.

The most serious problem is to secure tight, non-rusting lids. Aluminum covers are already to be obtained in the large cities. Granite jelly pans and pie pans make excellent covers, because they do not rust, and have no hole in the center. Every hole invites defeat. But the ideal cover fits down in an inch or more, or over on the outside as much, and must not be of tin.

Stone jars are quite perfect because they hold heat so well. With care they may be used instead of kettles over a flame.

It is a good plan to have three or four pans, varying in depth, which fit into and upon the big steaming kettles. These pans may hold vegetables, fruits, escalloped foods and puddings, double boiler fashion, with a hot pan or the hot lid of the kettle for a cover; and if the food is to brown, a hot soapstone griddle should be placed above it.

Casseroles and other tasteful forms of baking dishes, and brown ware for steaming and baking puddings and escalloped foods, suitable to

be placed on the dining table, may be used since they are not in danger of cracking from too intense heat. A saving in the number of dishes used may thus be effected.

A sheet iron or granite roaster with its own cover is invaluable for roasting in the insulated oven. Heat it and its contents and cover while it is over the flame, and then lock it in the oven with some hot soapstones or fire brick.

Have several wire tea stands, baskets of different sizes, some wire toasting frames, and perforated pans to protect the delicate ware from direct contact with very hot soapstone. These are also useful to support closed dishes in the big steaming kettles permitting the use of more water. A wire basket inverted over food will support a soapstone griddle very close to the food to make a brown crust. A meringue is quickly browned in this way on a table, without heating the oven at all.

For the large boilers and for all the kettles used to enclose smaller vessels there should be a rack of some sort to allow a free circulation of water underneath the dishes containing the food. The rack may be of wire; several tea stands may be placed side by side in a wide kettle; perforated tin or even wood may be used. We had a rack made of the cover of a lard can perforated with three-quarter inch holes. You will be able to work out these details as the need arises.

How to Use It

While the Fireless Cooker does many wonderful and unexpected things, it will not generate its own heat. That must be supplied in abundance from other sources. When steaming or boiling it is essential to have your cooker kettle and its contents very hot. Put it into the box as quickly as possible. Close the box immediately and do not open it again until the food has had time to cook. If for any reason you must open the box before the food is cooked, the kettle must be reheated or the cooking will not be done.

Time tables for cooking with the fireless cooker serve as an approximate guide only, for the time must depend upon both the cooker and the food. Meats may be tough or tender; fowls old or young; vegetables old and pithy, or fresh and succulent; fruits may be sweet or sour; and all these qualities affect the readiness with which they yield to the influence of heat. The variations are as great as when cooking on coal ranges. Then there is a difference in cookers. Some of them are so well packed as to conserve the heat better than others. The covers of kettles vary. If a kettle of water is scalding hot after standing in the cooker twelve or fifteen hours, you may have faith in your equipment. Generally speaking, the box will require twice or three times as long as a gas or coal range. But, undoubtedly, the longer cooking at the lower temperature is a gain in producing digestible food and in preserving its flavor.

Do not expect a very small quantity of water or food to keep hot ten hours. If you want to cook a small amount for a long time, put it into a small jar or can or pail, and set this into your large kettle of hot water. It will keep hot much longer. The larger the body of heat the longer it will stay hot. Press the cover down tight as you lift the kettle into the cooker. You can hear the boiling at the last instant as you close the lid.

When the homemade cooker is well constructed and packed and properly used, it is entirely efficient and sanitary. As the cooking vessels do not come in contact with the packing material, being effectively separated from it by the board cylinders, and are tightly closed with well fitting lids, the absorption of odors or grease by the packing and cushions is impossible. We find that the cooker made and planned for our own special needs is most satisfactory and often more effective and useful than some of the manufactured articles.

Do not wait to prepare an elaborate box. Select any box that you may find convenient and make a temporary cooker, following the directions given, and fitting it to any kettles that you may have. Be sure to pack the filling down hard and to cover closely when you put the food into the box. The experiment will be an interesting one and you will have the benefit of the plan at once. Then make the more complete and finished cooker as you find it convenient to do so.

When water is brought to the boiling point (212 degrees), additional fuel is used, not to in-

crease the heat, but to keep the water boiling. When a high temperature can be maintained by other means, the time and attention of the cook is saved, as well as fuel, and there is no need to discuss the wisdom of a cooking box.

This magical box, unlike Pandora's, will solve the problem of domestic service in many homes. Trained servants will hail it with joy, and seeing its benefits, will reap the blessings; while untrained help can be taught to accomplish good results with few failures. It would help any maid to have a breakfast box packed with three compartments; one for a coffee pot, one for an oatmeal kettle, and one for a kettle of water fitted under a skillet for ham, breakfast bacon, or hash.

The cooker is a boon to a woman with guests, and especially to the hostess who "does her own work," or has incompetent help. It is invaluable to people who do light housekeeping and it will make housekeeping light to those who acquire the cooker habit. Women need no longer suffer from headaches and nervous exhaustion due to standing over heated stoves.

Water may be heated in the evening and be kept hot for the early morning riser. Hot water or ice may be enclosed in these boxes and will prove a blessing in the sick room. Baby's milk may be kept warm at night.

Yeast bread may be set in the cooker to rise over night. A uniform temperature is thereby assured.

With a two or three burner gas flat, an insulated oven and a good fireless cooker, the meals

for a large family may be prepared and the black, unsightly, and expensive range may be dismissed from the kitchen.

This box is as useful in the winter as in the summer. It saves the time of the housewife on short days with their precious hours; for we use more of the foods requiring long cooking in winter than in summer.

Did you ever have the rice or tapioca or macaroni that you were preparing for dinner, rise up and refuse to stay in the kettle? And if, by constant watching, you succeeded in keeping it in subjection, did it not take revenge by sticking to the pot? It is well known to the experienced cook that all foods containing a large percentage of starch have a seeming ambition to rise in the cooking and must be carefully watched that they may not boil over. Although as a rule these articles do not require long cooking, wouldn't it be a relief to place them over the fire only long enough to bring them to the boiling point, and then shut them up in a box where they will not need watching but will continue to cook?

While reapers, listers, gangplows, potato diggers, separators, and countless other mechanical devices have mitigated the drudgery of farm labor, the question of feeding the laborer must be answered, and here the burden falls upon the housewife, and machinery has not as yet brought much respite to her never ending toil. We believe that the fireless cooker will be a boon to these toilers, in giving hours of rest and respite when preparing the regular meals for the "men folks." It

saves much anxiety in watching the cooking of food. At the same time the meals will be better served and always on time. Hot appetizing lunches may be served in the field and in many cases long journeys can be saved for the men, who will thus accomplish more work.

Planning for these things will be in itself an education and will raise kitchen work to the plane of skilled labor. It is not so much the work which crushes life out of our women as the monotony of tasks that never end and that never stimulate thought. There must be periods of rest, such as the fireless cooker will bring when doing its work, when the mistress can rest her weary hands and at the proper time be fresh to complete the preparation for the coming meal.

In your initial experiments in this method of cooking remember hot food, tight lids, and tight coverings as the most essential points. Then don't disturb the food until the given time. Remember that half-heated and carelessly packed kettles and pails will result in failure of some sort. Give the plan a good honest chance to win and it will do so every time.

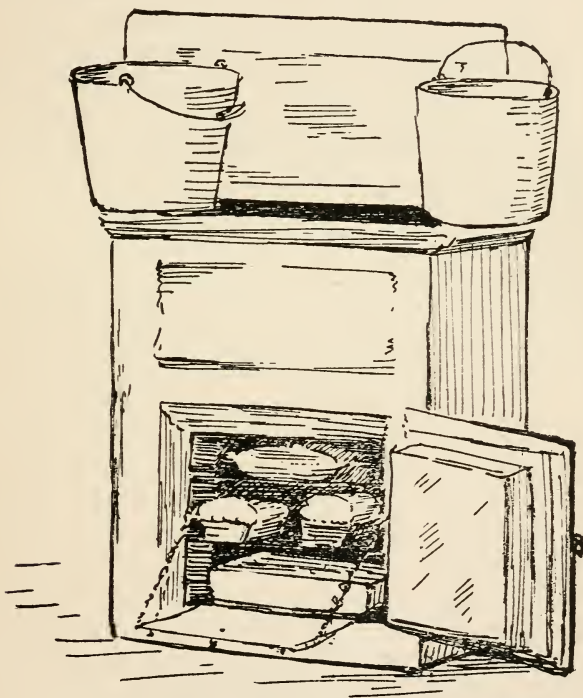
Considerable self-control may be required during your first experiment to resist the temptation to open the cooker and lift the lids "just to see if it is cooking." But this, like all temptations, should be firmly put aside. However, if the temptation proves too strong and a peep is not to be resisted, the kettle must be returned to the fire and brought again to the boiling point, then placed in the cooker, tightly covered, to remain its allotted time.

The use of a cooking box on Sunday makes possible a day of genuine rest. A good dinner left in the box will be found ready for the table on returning from church, with the desirable flavors all retained and no steaming odors permeating the parlor nor even the pantry. Even the water used in steaming is ready for the dish washing.

An overheated or disorderly kitchen full of steam, smoke, and vegetable odors, may be transformed into a room perpetually attractive and neat.

How to Cook in a Refrigerator

I hear you exclaim, "What next? Are we to be treated to a new Wonder-book? To boil, steam, stew, and even bake!—in a refrigerator!



COOKER FOR BOILING AND BAKING

This surely is a paradox, a dream of an enthusiast carried beyond the bounds of possibility."

But no, it is entirely possible, and is being accomplished every day in our kitchens. We wish

it were possible to share with you some of the products of our experiments. We can do so only by presenting to you our plans and methods, trusting that you will be inspired to adopt these methods and to reap their benefits without delay.

The discarded ice box with its insulating lining will make a satisfactory and complete cooker. The part prepared to preserve ice provides space for two large kettles to be used for all moist heat. The heavy lid which excluded heat will now retain it. Only a little additional packing is necessary to fit around the curved kettle forms. Packing material may be wool, cotton, crumpled newspaper, sawdust, ground cork, excelsior, or asbestos.

The lower part makes a fine oven. Remove the shelves and slip in a gasoline oven. Insulate the space between the oven and the lining of the refrigerator with asbestos wool, making it very tight. Supply heat by a very hot soapstone or fire brick slabs, heated over a flame while you are preparing the food for the oven. Place meat, potatoes, pies, etc., in ordinary baking pans, heating as much as seems wise over the flame. Then put the hot fire brick or stone and the food into the oven just as quickly as possible. Tightly close doors of both oven and refrigerator and do not open them until the allotted time. We found it best to have two more buttons put on the oven door to hold it more tightly closed. We fitted in an asbestos slab from the secondhand store for a floor, filling the space below it with asbestos wool. After that was in there was no space to be heated that was not needed in baking.

The Insulated Oven

The methods of steaming and boiling by the plans which have been given, are so efficient that it would seem that no more could be desired. But there are some foods that can never be acceptable unless they are baked. The golden brown color produced by dry heat is gratifying to the eye. A crispy crust, too, is desirable. Certainly an oven is necessary to completely satisfy us.

It proves to be perfectly feasible to insulate an oven, and heat it by means of soapstone griddles and fire brick. The size of the oven, the quality of its insulation, the force of the fire, and the position of the stone slabs in relation to the flame, are all factors to be considered in heating the oven. A bit of paper to test the heat of the stone slabs, a glance at the clock, and some innate good sense, will combine in determining to a nicety just how much heat is being transferred from the flame to the oven. The merchants supply soapstone griddles with good handles; and it is easy to have suitable and convenient handles put on other soapstone slabs by which to lift them. When attention to all these details has produced an oven which will remain heated for an entire day, with no more fire and a cool kitchen, no one can question the value of an insulated oven. The moment the hot stones enter the oven the heat begins to distribute itself evenly throughout the enclosure, and the consequence is that the baking is uniform, and a loaf of bread, for instance, will have an evenly browned crust over the entire surface.

Breads, meats, apples, potatoes, cookies, cakes, custards, anything, may be baked in an insulated oven, and more certainly just right than in an oven with a fluctuating temperature. Perhaps the greatest advantage is in baking foods which require a long time, because the oven will hold its heat all day or all night. Repeated opening, of course, cools it. But even so, baking day is divested of that constant care of a big fire, and you may cool the air of the room to your liking. The baking of many pies, cakes, cookies, etc., in close succession requires the reheating of a partially cooled slab only a few times.

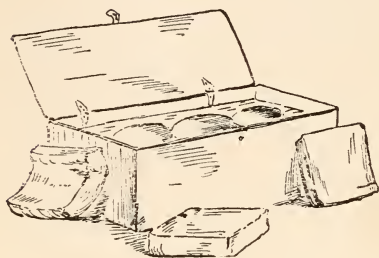
Suppose an oven to be heated for gems or biscuits for breakfast. At ten o'clock bread may be baked by putting in with it one freshly heated slab. An hour later take out the bread and put in a cake with one opening of the oven and no additional heat. Some thoroughly heated vegetables and meat for dinner may be put in with the cake. A shortcake may follow; and when it is taken out put in beans, already very hot from the cooker kettle to remain several hours.

The time required for baking food is necessarily determined by the size of the oven and the amount of heat you can put into it and keep there. It will be an easy task to learn the secrets of your own stove. Suppose you try something that your family likes and that you make frequently for your first effort. Your knowledge of cooking and cookery by old methods will avail to supply the lack where these suggestions are faulty. A long acquaintance with an oven of this kind will justify a close attachment to it.

You can bake in your stew kettles. It is easier and takes less fuel to heat the stones for a single kettle than to heat the larger stones for an entire oven. The kettle affords room for one deep dish of food and one hot stone below and one above it. Two shallow pans of biscuits, or two layers of cake may be put in at the same time. Put the hot kettle, filled with its food and the hot stones, in the pocket in the box. The things will bake in about the time that they will in an oven. A wide kettle and two soapstone griddles are needed for this work. We used hot stove lids for our first experiments. Use wire teastands to separate the dish containing the food from direct contact with a too hot stone.

An Insulated Cold Box

A box used solely for preserving cold foods is a practical help in many homes. Stone jars make the



COLD BOX

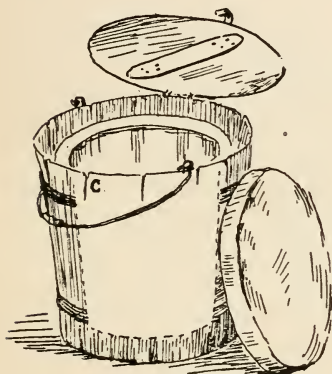
best compartments, because they hold a given temperature remarkably well. Select large jars and pack them side by side in a good box. The jars should touch

each other, with wide insulation at all of the outer edges. Have good stoneware covers and a thick, firm cushion for the top. A pail of ice set in the middle jar will chill them all. It will keep them cold a day or two after the ice has changed to ice water. When ice cannot be obtained, the temperature may be lowered many degrees by very cold water. Keep this cold box in your very coldest corner. This may be used instead of a refrigerator, or as a useful adjunct to one. A small piece of ice will give generous service if the insulation is good. It may hold gelatines, custards, fresh fruits, salads, vegetables, cold meats, and frozen creams in fine condition for the table.

An Insulated Pail

Your grocer will smile when you tell him your plan for his discarded candy pail. But you can

accept his implied skepticism with equanimity, knowing that "he laughs best who laughs last."



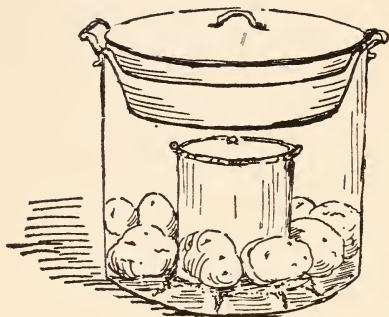
INSULATED PAIL

This pail may be lined in such a way as to have a deep roomy compartment for a number of vessels. It may one day carry coffee, beans, escalloped dishes and other hot foods to

church suppers or to skating or boating parties. Another day it will keep cold things cold for you, and carry butter, ice cream, salads, fruits, and sandwiches on automobile trips, or to picnics and other outings.

A Suggestion

For cooking a dinner in one kettle all at one time:
Roast beef in jar resting upon a wire frame, and



s u r r o u n d e d
by potatoes. Es-
calloped tomatoes
in the deep pan
and fish in the
shallow pan at
the top. Heat
each dish and its
contents a l o n e,
before placing in
the cooker kettle.

B o i l i n g water

should reach two-thirds the height of the meat jar. Then cook all over the flame a few minutes before consigning them to the box. This combination may safely remain in the cooker from four to six hours. In any case the potatoes should be dried over a flame before serving.

Another plan: Let the jar contain a pudding and be surrounded by beets, or turnips or cabbage. Place escalloped potatoes in the deep pan, and lamb or pork chops in the shallow pan. This combination may safely remain in the cooker eight or ten hours.

Soups

“When in culinary doubt, consult the French.”

Soups have much to recommend them. While their nutritive value is high, they may be made of the cheapest materials. The skill of the cook is shown in the flavors secured by the appetizing combinations of seasoning. Now that we have cooking boxes to help in the long time which is necessary for preparing them, soups may well have a much more important place in the menu than we have heretofore given them. A fine soup aids in digestion and adds to the general sum of happiness.

Soups may be prepared, seasoned, and made ready for the table, and placed in the cooker several hours before they are needed. The fire is then free for the preparation of the remainder of the dinner. The soup will require no further care, and there will be no boiling away, the flavor will be improved, and it will be found sufficiently hot for the table.

Brown Soup Stock.

Take six pounds of the shin of beef, the middle of the round, or the neck. Cut the lean meat into inch pieces and have the bones well cracked. Put the fat and if needed a little butter into a frying-pan with a medium sized onion. When browned take them out and put them into the cooker kettle. To the remaining fat add one-half the meat and when it is well browned, put it into the kettle. Pour a little hot water into the

frying pan and then into the kettle with the remainder of the lean meat, the bones, and any trimmings of veal, poultry or beef, either cooked or raw that you may have. Pour over all about five quarts of cold water. Heat very slowly and skim carefully. When it is clear and boiling consign it to the cooker for ten hours or over night.

In the morning reheat and add one-half cup each of chopped carrot and turnip, one-half tablespoonful of pepper corns, one tablespoonful of salt, one bay leaf, one-third cup of green celery leaves chopped, and two sprigs of parsley. Remove to the cooker when boiling and let remain one hour. Then strain and cool.

Unseasoned Soup Stock.

Have the butcher cut into small pieces one large shin of beef. Wash thoroughly and put into the cooker vessel with four quarts of cold water, and any bone trimmings or bits of cold meat that you may have. Let stand half an hour, then heat gradually to the boiling point. Boil a few minutes, skimming carefully as the scum rises so that none will boil in. Now put on the cover tightly and remove to the cooker to remain about twelve hours. At the end of that time strain into a jar or crock to cool. When fully cold take off every particle of fat. This stock may be used as a foundation for all sorts of clear or thickened soups and must be made a day or two before needed for use.

Seasoned Soup Stock.

Proceed as for unseasoned stock. After straining, add one onion, one small turnip, a small car-

rot, a handful of celery tops, one bay leaf, a sprig of parsley, a tablespoonful of salt and a few pepper corns. Bring to the boiling point and return to the cooker for one or two hours, as convenient. Then strain, and when cold skim well. The stock is ready for use, and will keep several days.

White Stock.

White stock is made from chicken or veal or from both combined, following the directions given for unseasoned stock. It is usually used with celery or rice and for the more delicate soups. It also makes a desirable addition to thickened cream soups.

To Clarify Soup.

Take cold seasoned soup stock and to each quart of stock add one egg beaten lightly and the crushed shell. Heat to boiling and let boil rapidly for five minutes. Add the juice of half a lemon and strain through cheesecloth. Season to taste with salt and pepper. This may be used as a clear soup; or rice, vermicelli, or vegetables may be added. Serve with cheese fingers.

Bean Soup.

One-half cup of navy beans. One-half cup of lima beans. Put them into one quart of boiling water with salt, pepper, and one bay leaf. Boil five minutes. Place in cooker four hours. Strain out the beans and mash them. Put them back into the soup and beat hard with an egg beater. Strain. Pour in one cup of rich cream. Reheat and serve.

Bean Porridge.

Soak one pint of navy beans in warm water six or eight hours, adding a small teaspoonful of soda. Take three pounds of lean beef; the cheapest cuts will do. Cut into small pieces and put it into a cooker kettle with three quarts of cold water. Heat very slowly and after skimming thoroughly add the soaked beans which have been well drained. Boil fifteen minutes and place it in the cooker to remain over night. In the morning take out a portion of the meat as there will be more than you will wish to serve with the soup. Cut the remainder into very small pieces and return to the kettle. Thicken the porridge with three tablespoonfuls of corn meal wet with cold water. Add to it one tablespoonful of salt, one-fourth teaspoonful of pepper, and put it boiling hot into the cooker and leave it until you are ready for the dinner.

Bean Porridge, Another Way.

A quick way of making bean porridge when the cooked materials are at hand. Take two quarts of plain soup stock, one quart of cooked navy beans, and one and one-half cups of cooked beef, cut into very small pieces. Season with two teaspoonfuls of salt and one-fourth teaspoonful of pepper. Put all the ingredients into a cooker kettle and when it is boiling, thicken with three tablespoonfuls of cornmeal wet up with cold water. This will be ready for the table if placed in the cooker for one hour, or will be equally good if prepared early and allowed to remain until it is time for serving.

Black Bean Soup.

Soak a pint of beans over night, next morning cover them with fresh water, bring to the boiling point, and strain. Place in your cooker kettle, add two quarts of fresh water, boil ten minutes, and put in a cooker two hours. Take out and place over the fire; add an onion stuck with eight whole cloves, two bay leaves, half a teaspoon of powdered cinnamon, a saltspoon of white pepper, a teaspoon of salt, and a stalk of minced celery. Boil a few moments and place in a cooker again two hours. Press the vegetables through a colander and blend a tablespoon of butter with them. Return them to the liquid. If too thick, add hot water. Dice two hard boiled eggs, add a teaspoon of Worcestershire sauce, a little grated lemon peel, and a grate or two of nutmeg, adding as the purée is served. Pass toasted crackers or browned croutons.

• Bean and Tomato Soup.

One pint of navy beans cooked in the cooking box. Mash to a pulp and press through a soup strainer. To the pulp add one quart of unseasoned soup stock, one pint of stewed or canned tomatoes, one onion sliced, one bay leaf, a stalk of celery or some green celery tops.

Bring all to the boiling point and place in the cooker one or two hours. Just before serving strain, rubbing through as much pulp as possible, strainer to be fine enough to retain the seeds. Add one rounded tablespoon each of butter and flour rubbed to a paste. Season to taste with pepper and salt. Bring to the boiling point and serve with toasted crackers.

Beef Tea.

Cut lean beef into small pieces and put it in a granite or porcelain pail with a tight lid. Set the pail in a cooker kettle with boiling water. Keep it over a flame until the meat is boiling hot. Set it in the cooker three or four hours. Strain and season to taste.

Cinderella Soup.

To two tablespoons of rice add all left over vegetables, meats, and bones, which are not to be utilized in other ways, but are dainty and good. Cover with boiling water. Boil a few minutes and place promptly in the cooker. At night strain. Season and serve on a poached egg in each bowl.

Green Corn Soup.

Grate twelve ears of uncooked corn; add to this three pints of white stock. When it boils remove to the cooker for two hours. Then reheat and stir in two tablespoonfuls of flour and one of butter beaten together, one-third of a cup of cracker crumbs, and one hard boiled egg chopped fine. Season to taste with salt, pepper, and celery salt, and, if liked, a little chopped parsley.

Esau's Pottage.

Half a cup of lentils soaked several hours. Chop together one carrot, one parsnip, one turnip, and one small onion. Mix with the lentils and season with salt, pepper, and one grate of nutmeg. Rub butter the size of an almond into a teaspoonful of flour. Heat it with the vegetables and one quart of milk. Cover and stand in a kettle of boil-

ing water. Boil ten minutes and place in the cooker six hours. Eat hot.

Hasty Soup.

Strain one pint of canned tomatoes, rubbing through the pulp. Add one pint of water and a large cup of canned corn. When boiling, thicken with one tablespoonful of flour and two of butter rubbed together. Season to taste with salt and pepper and shut in the box until time to serve. Heat and add a pinch of soda and pour into it a cup of rich, hot cream. Serve with croutons.

Italian Soup.

Cook in plenty of water three pounds of veal, seasoning with salt and pepper, and flavoring with thyme, marjoram, a bay leaf, and parsley. Boil ten minutes after it is skimmed, and set in a cooker four or five hours. Take out the meat. Strain. Reheat and put into it cooked macaroni cut into short lengths and a sprinkling of grated cheese.

Lentil Soup.

Half a cup of lentils soaked over night, one carrot, one parsnip, one turnip, one small onion or other vegetable, all cut up small. Add a quart of boiling water. Season with salt, black pepper, and a teaspoon of butter. Boil a few minutes and set in the cooker about six hours. Strain or leave the vegetables in.

Mock Oyster Soup.

Cut up enough thoroughly ripe tomatoes to make one quart; add one and one-half pints of hot water, bring to boiling point, and place in the

cooker one or two hours. A short time before serving strain the tomatoes, rubbing through the sieve as much pulp as possible. Place over the fire. Add one level teaspoonful of soda and at once pour into it one and one-half pints of rich milk. When boiling add three-fourths of a cup of fine cracker crumbs and two tablespoonfuls of butter. Season well with pepper and salt and a pinch of red pepper. Boil up once and serve. This may be made of canned tomatoes, using one and one-half pints. Serve with cheese fingers.

Split Pea Soup.

Soak one cup of split peas all night in two cups of warm water. In the morning boil them hard ten minutes in fresh water. Strain and crush the peas. Rub into them one tablespoon of flour. Return them to the water, add a bay leaf, celery tops, salt, pepper. Boil a few minutes and place in a cooker four hours. Just before serving strain out the celery tops and bay leaf.

Scotch Broth.

Take three pounds of mutton cut from the fore quarter. Wipe and trim and cut into one inch cubes. Put the meat, with the bones cracked, into a cooker kettle with three pints of cold water or just enough to cover. Bring to the boiling point. Skim and add one-half cup of barley which has been soaked in cold water over night. Boil fifteen minutes, and while it is boiling, fry, but do not brown, in two tablespoonfuls of butter, one-fourth cup each of carrot, turnip, onion, and celery cut into one-half inch dice. Add vegetables to the soup and season with salt and pepper to taste.

Brown two tablespoonfuls of flour in a tablespoonful of butter and add to the boiling soup. When it thickens shut away in the box and leave until just before time to serve. Then remove the bones and reheat the broth for the table. Rice may be used in place of the barley. Wash it well and put it into the kettle when you do the vegetables.

Rice and Potato Soup.

Into three pints of boiling water and one pint of milk put two cups of sliced potato, one onion cut fine, one-half cup of well washed rice, and one stalk of celery cut into small pieces or some celery leaves. Boil five minutes over the fire and place in the cooker for two hours or more. When ready to serve put the kettle over the fire and mash the potato fine. Add two tablespoonfuls of butter and one of flour. Season with two teaspoonfuls of salt and one-fourth teaspoon of pepper. Just before sending to the table stir in a cupful of whipped cream.

Swiss Potato Soup.

Pare and cut into small pieces enough turnip to make one pint; add three pints of sliced potato and one quart of water. Place over the flame and boil about five minutes, then remove to the cooking box for three hours. When done, drain and rub through a colander or soup strainer. Add one and one-half pints of milk, two level tablespoonfuls of butter, one cup of thin cream, salt and pepper to taste. If too thick, add cream or hot milk to make the proper consistency.

Tomato Bouillon.

Take two quarts of stock made in the cooker according to directions for unseasoned soup stock. Place in the cooker kettle with one medium sized onion, one and one-half cups of stewed or canned tomato and a few celery tops. Place on the fire and heat to the boiling point. Then cover closely and remove to the cooking box for one hour or more. When ready to serve, strain the soup and return to the kettle, and bring again to the boiling point. When it is boiling hot, stir into it one level tablespoonful of cornstarch wet up with cold water; add one tablespoonful of salt, one-fourth teaspoonful of pepper, with a dash of red pepper. Serve with croutons.

Tomato Soup.

Take one quart of stewed or canned tomatoes, one pint of rich soup stock, a small bay leaf, one stalk of celery, or a handful of celery tops, a sprig of parsley, one small onion, and one tablespoonful of sugar. Blend together three tablespoonfuls each of butter and flour, and stir into the boiling soup. When it is smooth, add two tablespoonfuls of salt, one-fourth teaspoonful of black pepper, and a dash of red pepper.

Turkey Soup.

Cover the bones of a turkey or other fowl with six cups of hot water. Add a bunch of celery tops, some parsley, a small bay leaf, pepper, salt, and one-half cup of uncooked rice. Boil five minutes and place in the cooker four hours. Strain through a colander that will not hold back the

rice. Add one cup of cream and beat the soup with an egg beater. Serve at once with a dessert spoonful of stiff whipped cream on each portion, and pass small croutons.

Soup Without Meat.

Into a small cooker kettle put one-third of a cupful of butter, and one-third of a cup each of celery, turnip, and onion, one quarter of a cupful of carrot, and one and one-half cupfuls of potato. Cut the vegetables into very small pieces and heat them in the butter for ten minutes. Then pour over them one quart of boiling water. When at the boiling point remove to the cooker to remain two hours or more if convenient. When you are ready to serve the soup, put it over the fire, thicken it with a tablespoonful of flour, and season with two small teaspoonfuls of salt, one-third of a teaspoonful of black pepper, and a pinch of cayenne. When the soup boils up again, it is ready for the table. Serve with toasted crackers.

Soup With Rice.

For this soup take about two pounds of raw meat, which may be any of the cheapest cuts, trimmings from steaks or chops, or any stringy pieces that are not suitable for the table. Cut into very small pieces and add to them any cold meat, chicken, bone, or gristle that you may have. Pour over them two quarts of cold water and slice in one medium sized onion. Bring slowly to the boiling point and skim carefully. When no more scum rises, put it into the cooker to remain five or six hours, or it may remain all night. Then strain, and cool the liquor, and skim off all the

fat. An hour before wanted for the table put it again into the cooker kettle and add one-half cup of well washed rice. When it boils, stir in a teaspoonful of cornstarch wet with cold water, two teaspoons of salt, one-fourth teaspoonful of pepper, and a little celery salt. Place it in the cooker until it is time to serve.

Vegetable Soup.

Have the butcher split a soup bone. Cut the meat on it into small pieces; cover well with cold water and after it begins to boil skim it and set it in the cooker over night. In the morning strain and remove the fat. Add one carrot, two medium onions, one parsnip, one oyster plant, one turnip, two potatoes, a quarter of a small cabbage, and some celery, all cut into bits. Add a teaspoonful of salt and saltspoonful of pepper to a quart of liquid. Let boil fifteen minutes, and place in cooker until luncheon. If all these vegetables cannot be obtained, use instead those you can get and half a cup of oatmeal or half a cup of pearl barley. Strain and serve hot.

Vegetable Soup.

Dice one-half cup each of carrot, turnip, and celery and one and one-half cupfuls of potato. Cut half an onion into bits. Sauté all except the potato in four tablespoonfuls of hot butter. Add the potatoes, cover and cook two minutes. Add salt, pepper, and one-half tablespoonful of chopped parsley. Pour in five cupfuls of boiling water. Boil three minutes and place in the cooker three hours. Strain the vegetables out. Mash them and put them in again or not, as you choose.

Vegetables in Soup.

Take a shank of beef, cut the meat into small pieces and have the bone cracked fine. Put it over the fire in just enough cold water to cover. Bring slowly to boiling point, skim thoroughly, and when fully boiling place in the cooker. In the morning strain, cool, and skim. Two hours before dinner place three pints of the stock over the fire and when boiling add to it one cup each of sliced potato, chopped cabbage, grated corn, young green beans, and peeled tomatoes. Add one onion and a small carrot cut fine. Thicken with one tablespoonful of flour. Heat to boiling and put into the cooker until wanted for the dinner.

A Nutritious Vegetable Soup.

One and one-half pounds of lean beef chopped very fine, three pints of cold water, a small turnip, one-half a carrot, one large onion, four medium sized potatoes. Cut the vegetables into very small pieces. Add one cup of chopped cabbage and a piece of bay leaf. Cook over the fire ten minutes and three hours in the cooker. When ready to take up season to taste with salt and pepper, and send to the table without straining. Beets sliced and pickled are a good relish with this soup.

New England Vegetable Soup.

The day before you want the soup prepare a shank of beef. Have it cut into small pieces at the market. Wash it well and place it in the cooker kettle with three quarts of cold water; if that is not sufficient to cover the meat, add a little more water. Bring it slowly to the boiling point. Skim thoroughly as the scum rises. When

it is clear, cover the kettle and remove to the cooker to remain twelve hours; then take it out and strain into a jar or crock.

The next morning skim off all the fat. Put the liquor into the cooker kettle and place over the fire with one-half cup of uncooked rice. When it boils put it into the cooking box. About two hours before it is wanted for the table, place it over the fire. Have ready four potatoes, two onions, two slices of turnip, one-half a carrot, cut into quite small pieces, and put them with one cup of chopped cabbage into the soup. When boiling return to the cooker.

When ready to serve, reheat. If the rice has not thickened the soup sufficiently, add a tablespoonful of flour made smooth with a little cold water. Season well with pepper and salt.

Cream of Asparagus Soup.

One large bunch or one can of asparagus. Cut the tips from the asparagus and lay them aside. Put the stalks in just enough boiling water to cover them. Boil over the flame five minutes and remove to the cooker for one hour and a half. Then press through a sieve as much of the pulp as possible. Return it to the kettle with one cup of the water in which the asparagus was boiled and four cups of milk. Put it over the fire and when it boils, stir in a thickening made with two tablespoonfuls of flour wet with a little cold water. Add two tablespoonfuls of butter. Season to taste with salt and pepper. Add the reserved tips; boil five minutes and place in the cooker for thirty-five minutes or until the soup is required for the table.

Cream of Chicken.

Break the bones of a fowl when it comes from the table, and put them with the left over meat and gravy into a cooker kettle. Cover the bones with hot water; salt and let boil five minutes, and place in cooker two or three hours. Take out and strain. Cool and remove the fat. Heat and thicken with the fat blended with one tablespoon of flour. Add a cup of cream. Serve with egg balls made as follows: Yolks of three hard boiled eggs and of one raw egg rubbed smooth with a teaspoon of flour and a good pinch of salt. Make into small balls and cook in the soup at the last minute.

Cream of Corn Soup.

Two cups of grated or canned corn, two cups of milk, and one cup of water. Bring to the boiling point and place in the cooker two hours or more. When ready to serve reheat and add one-third of a cup of cracker crumbs, and a rounded tablespoonful of butter blended with one level tablespoonful of flour. Season with two teaspoonfuls of salt, and pepper to taste.

Cream of Lima Bean Soup.

Soak over night one and one-half cupfuls of dried beans. In the morning drain and add three pints of cold water and one-fourth teaspoonful of soda. Bring them slowly to a boil, cook ten minutes over the flame, and place in the cooker for four hours. Brown one-third cup each of finely chopped carrot and onion in two generous tablespoons of butter, cooking about ten minutes or

until the flavor is well extracted. Mash the beans through a soup strainer; then put them back into the water in which they were cooked. Beat them well to separate the hulls from the pulp and then strain again and return to the kettle. Drain the butter from the vegetables and stir smoothly into it one tablespoonful of flour and add to the boiling soup. Season to taste with pepper, salt, and a pinch of cayenne.

Cream of Pea Soup.

Shell peas. Cook the pods in enough water to cover them. Throw the pods away and use the water to cook the peas. Boil and set in the cooker an hour and a half. Take out and rub through a colander. Season and thicken with a tablespoon of flour and a salt spoon of sugar rubbed together with a tablespoon of butter.

Cream of Spinach.

One quart of cream or milk. Thicken it with one tablespoon of butter blended with one tablespoon of flour, salt, pepper, and a teaspoon of minced parsley. When it boils put into it one cup of cold cooked spinach. Place in cooker until needed. Serve with chopped boiled egg in each bowl and a sprig of parsley on top.

Cream Vegetable.

Cut fine one-eighth of a medium sized cabbage, one carrot, one potato, one-half turnip, one-half onion, and one-half cup of celery. Cover with two quarts of boiling water. Salt to taste and add cayenne pepper. Boil on the stove ten minutes and in a cooker two hours. When ready to serve strain

and add one cup of hot cream. Put six or eight cubes of hot buttered toast in each bowl.

Purée of Barley Corn.

Blanch one cup of barley corn by boiling ten minutes, and cool quickly in cold water. Drain. Put it into three pints of white stock, boil five minutes and set it in the cooker four or five hours. Rub the grain through a sieve. Heat again over the flame and add a tablespoon of butter, one cup of cream, and salt and pepper to taste.

Bean Purée.

One cup of navy beans, one teaspoon salt, two or three dashes of pepper, one bay leaf, three cups of water. Boil ten minutes and set in a cooker five hours. Take out, and remove the bay leaf. Rub the beans through a colander to remove the hulls. Return them to the soup and add one cup of cream. Serve with a tablespoon of whipped cream to each bowl and a bit of parsley.

Chestnut Purée.

Remove the shells from a quart of chestnuts. Cover with chicken or veal stock. Heat and boil ten minutes and place in a cooker two hours. Strain and press the nuts through a sieve. Mix again and add a pint of cream. Salt, pepper, and boil. Serve with hot croutons.

Dried Pea Purée.

Soak one cup of dried peas several hours. Pour over them one quart of boiling water and when it has boiled ten minutes, set in the cooker three hours or longer. Take out, strain, and mash a por-

tion of the pulp. Add a teaspoon of butter. Season. Boil all together and add one cup of cream. Serve.

Fine Flavored Purée.

Cover one cup of dried beans with cold salted water. Let this come to the boiling point, then drain and cover with boiling water; add salt, an inch cube of lean salt pork, a large onion, and a generous handful of celery stalks. There should be about five cups of water. Boil ten minutes over the fire and place in a cooker five or six hours. Press through a sieve and add tiny slices of lemon.

Potato Purée.

Pare and cut into thin slices eight medium sized potatoes and one large onion. Pour over them enough boiling water to cover them. Boil two minutes and put into the cooker for one hour or more. Then press through a sieve. Add one quart of milk, one-half pint of the water in which the potatoes were boiled, and two generous tablespoonfuls of butter. Season well with salt, pepper, and celery salt, with a little chopped parsley. Serve with croutons.

Soup Accompaniments

Cheese Fingers.

Trim the crusts from thin slices of light bread, butter them lightly and sprinkle with grated cheese. Then cut them into narrow strips and brown in the oven.

Croutons.

Croutons are prepared by trimming the crusts from medium thick slices of bread cut into dice.

They may be browned in butter in a frying pan, or dropped into boiling fat and then drained well before being sent to the table. Or the slices of bread may be buttered, then cut into tiny squares, placed on a tin, and browned in the oven.

Egg Balls for Soup.

Take the yolks of three hard boiled eggs, one teaspoonful of flour made smooth with the yolk of one raw egg, and one-half teaspoonful of salt. Mix and make into small balls and drop into boiling soup just before serving.

A Garnish for Soups.

One egg, one cup of milk, flour to make a thin batter, salt, one tablespoonful of parsley, and a bit of onion. Bake quite brown. Cut into narrow strips or half-inch squares, and drop into a clear soup just before serving.

Soup Sticks.

One-half pint of flour, one teaspoon of baking powder, one-half teaspoonful of salt, one tablespoonful of butter. Sift the baking powder and salt with the flour, then rub in the butter and mix with one-half cup of milk like biscuit dough. Roll out and cut into pieces the size of a lead pencil, and bake in the cooker oven ten minutes.

Serve with soups: Saratoga flakes slightly buttered, sprinkled with cheese and browned.

Choice Recipes

Choice Recipes

Fish

"The silvery fish,
Grazing at large in meadows submarine,
Fresh from the wave now cheers
Our festive board."

To Boil Fish.

To boil fresh fish, lay it on a wire basket, or confine in a bit of cheesecloth to prevent its breaking to pieces when you take it up. Put it into boiling water skin side down. To six pounds fish add three teaspoonfuls of salt and one tablespoon of vinegar, to make the fish more firm. Boil five minutes and set in the cooker two hours. Serve with a butter sauce, and garnish with cold boiled eggs and parsley.

Codfish a la Mode.

One tea cup of codfish, picked up fine, two cups of mashed potatoes. One pint of milk or cream, and two eggs well beaten. One-half tea cup of butter and salt and pepper to taste. Mix all ingredients and bake between hot stones twenty-five minutes.

Fish Chowder.

Three kinds of fish, cut into small square pieces, and enough to make three cupfuls. One pint of water or fish stock, one tablespoon each of olive oil and jelly. One medium tomato, or half a cup if canned. Chop the tomato with one small onion. One teaspoon butter. A saltspoon each of parsley, thyme, bay leaf, a pinch of cayenne, and salt to taste. Heat to boiling in a casserole, and set in a

well heated cooker oven. It may safely remain two hours. Serve hot with toast.

Italian Fish.

Cook one-quarter of a pound of macaroni until tender, drain and rinse it with cold water. Free a pint of cooked fish from bones and skin, and flake it. Put half of it in a cooking dish. Add half the macaroni, then a tablespoon of melted butter and a tablespoon of melted cheese. Sprinkle with a salt spoon of salt and a dash of cayenne. Add the remainder of the fish and macaroni. Season as before. Heat and place in a cooker steamer or oven an hour. Brown the top and serve hot.

Fish may be baked in the insulated oven in about the same time that we have accorded it in our old ovens, and there will be less to discard because the heat of the insulated oven is evenly distributed.

Hollandaise Sauce.

Mix in a saucepan over the fire, one tablespoon of butter and one of flour. When melted add gradually one and one-half cups of boiling water. Stir into this the yolks of three eggs, one tablespoonful of lemon juice or vinegar, three tablespoonfuls of salad oil, and, if liked, a little mustard. To be served with fish.

Fish and Oysters.

Shred one pint of halibut or codfish. Season with onion, salt, pepper, and a tablespoon of chopped salt pork. Add a pint of oysters with one tablespoon of flour rubbed into the liquor. Heat to boiling and place in the cooker two hours.

Steamed Fish.

Make a cheesecloth bag. Put fresh fish in the bag and slip above it the cover of your kettle. Put the cover on the kettle half full of boiling water. Steam the suspended fish five minutes over the fire. Remove kettle to fireless cooker three hours or longer, depending upon the thickness of the fish. Other food may be cooked below the fish.

Sauce for fish: One cup boiling milk thickened with one tablespoon of flour and one of butter rubbed together. Season with salt, paprika, and and three drops of onion juice. Lastly add one well beaten egg.

Stuffed Fish.

Take four pounds of nice fresh fish. Sprinkle salt inside and out. For the stuffing take one-half cup bacon, one cup bread crumbs, a tiny onion, salt, and pepper. Chop and mix well and put into the fish. Tie together in paraffin paper. Suspend in a cheesecloth bag enclosing the lid of a kettle half full of boiling water. Steam over a fire ten minutes. Place in a cooker three hours. Prepare a cream dressing, adding two hard boiled eggs chopped fine. Garnish with lemon and parsley. Cook vegetables or other food in the water below the fish.

Creamed Oysters.

For twenty-five oysters, take one-half pint of cream, one tablespoon of flour, one tablespoon of butter, one tablespoon of chopped parsley, and a blade of mace. Put cream or milk on to boil in double boiler. Rub butter and flour together.

Drain the oysters and put into a hot spider. Put butter and flour into hot cream and add the hot oysters. Take stale bread cut in slices two inches thick, hollow out the inside, leaving a thin crust, brush them with melted butter and brown. Fill them with oysters and send hot to the table.

Oyster Dumplings.

Sift two cupfuls of flour with a teaspoon of baking powder and a little salt. Warm two-thirds of a cup of oyster liquor if it seems sweet and fresh; if not, take milk, and soften a tablespoon of butter in it. Make a soft dough of the flour and liquid. Roll out to the thickness of half an inch. Cut into rounds. Place three or four oysters in the center and season with salt, pepper, mace, and lemon juice. Moisten the edges and draw them together. Place side by side in a round pan. Bake in a hot, dry cooker kettle with hot stones above and below, or in a cooker oven. Make a thickened sauce of the oyster liquor, or of milk, seasoned with chopped parsley. These may be steamed instead, if preferred or if more convenient. In that case steam over the fire fifteen minutes and lift carefully into a cooker for one hour.

Salmon in a Mold.

One can of salmon, picked over and rubbed smooth. Add one tablespoon of melted butter, one-half cup of bread crumbs, salt, pepper, and three well beaten eggs. Put into a buttered dish. Heat through over a fire, and set into a cooker steamer three hours, or oven one hour.

Salmon Loaf.

One quart of salmon, one cup of cracker crumbs, two tablespoons of melted butter, three eggs, beaten separately, pepper, and salt. A grate or two of the rind and juice of one lemon. Put in a mould and place over hot water in a cooker kettle. Boil five minutes and place in cooker for two hours. Longer will not injure it. Brown the top.

Salmon Shells.

To one can of salmon carefully picked and shredded add one egg well beaten, one-half cup of cream, one-half cup bread crumbs, a teaspoon sugar, a bit of salt and pepper. Butter shells and sprinkle with crumbs. Fill the shells with the salmon mixture, and sprinkle the top with crumbs and a few small lumps of butter. Bake half an hour between two hot slabs in cooker oven.

Choice Recipes

Choice Recipes

Game and Poultry

“All that a woman has to do in this world, is contained within the duties of a daughter, a sister, a wife, and a mother.”—STEELE.

Cracked Corn and Chicken.

Scald two cups of cracked corn or hominy samp, in one quart of water. Let stand to cool. Cut a fowl into small pieces. Season them and dredge them with flour. Sauté in hot fat and place in the cooker kettle with the hominy. Cook ten minutes and place in the box five or six hours.

Creamed Chicken.

Boil one large chicken for one-half hour and place in cooker five or six hours. Cool and cut in small pieces. Put into a baking dish. Heat one quart of cream in a double boiler; smooth three tablespoons of flour into five tablespoons of milk, and stir into cream, making a white sauce. Season with salt and pepper. (Don't boil.) Take one can of mushrooms, drain off liquor and pour scalding water over, then drain. Add mushrooms to the chicken and pour white sauce over all. Sprinkle cracker crumbs on top. Put into moderate oven and bake thirty minutes.

Creamed Chicken Pie.

Take a three-pound chicken, cut it up, put it in your cooker kettle, and cover well with water. When it reaches the boiling point, skim, add salt and parsley, and after a brisk boil of fifteen minutes on the stove put it in the cooker until tender. It will take from one to four or five hours, depending upon the age of the fowl.

Make a biscuit or pie paste. Line a buttered pan with a portion of it. Take a square of heavy unbleached cotton. Crumple it and put it in the paste-lined dish. Make a covering with the remainder of the crust. Put it on, taking care to have the cloth protect both edges so they will not unite in baking. Make a few incisions for air holes in the upper crust. Bake this in a quick oven. When done remove the cover and the cloth. Arrange the pieces of cooked chicken on the lower crust. To the broth add a tablespoon of butter blended with two tablespoons of flour, and a little cold water. Boil five minutes. Beat one egg-yolk with a tablespoon of cream; add this to the broth, but do not let it boil. Pour this thickened broth over the contents of the pie, replace the cover, and serve hot.

Fried Chicken.

Have ready over the fire the large cooker kettle filled with hot water. Place over it a deep pan that will serve as a cover, fitting closely into the kettle. Clean and cut the chicken into pieces; lay in salt and water, changing it several times. Roll each piece in flour and brown in a frying pan containing a mixture of lard and butter, seasoning well with salt and pepper. When it becomes a rich brown on both sides put it into the pan over the kettle of boiling water and cover with the kettle lid. To the gravy remaining in the frying pan add two cups of rich milk. Boil and thicken with two tablespoonfuls of flour. Season with salt and pepper and pour it over the chicken. Cover closely. Cook over the fire fifteen minutes and in the cooker two hours.

An old chicken may be fried according to the above recipe, but must be boiled in the cooker the day before it is to be served. Boil as follows: After the chicken is cut and salted in the usual manner, put it into a closed kettle or deep dish that can be closely covered, without water, and immerse it in the large kettle. The boiling water should come up to within two inches of the top of the kettle that contains the chicken. Boil until it is thoroughly heated through, about thirty minutes. Then remove the kettle carefully covered to the cooker. Leave for twelve hours or over night. Reheat in the morning, if necessary, and leave until time to fry for dinner according to the directions given above. This is a delicious way of serving old chickens.

Fried Chicken.

Disjoint a chicken and roll the pieces in flour seasoned to taste. Place in a skillet containing three tablespoons of drippings or butter. Heat and turn the pieces as they brown. Pour over a cup of rich cream. When hot again place in cooker oven between hot slabs. It may remain an hour or longer.

Chicken Fricassee.

Disjoint the chicken; roll in flour and brown in a little fat; as the pieces brown, pack them in the cooker kettle. When all are in, make some gravy in the skillet where the browning was done. Put this into the kettle and add enough water to cover chicken. Season with salt and pepper. Boil twenty minutes and place in cooking box over night.

Reheat in the morning and it will be a very tough chicken if it is not tender at luncheon. If the fowl is young, shorten the time accordingly.

Chicken Pot Pie.

After the chicken has been prepared and cut into pieces for cooking, follow the directions given for Veal Pot Pie.

Young Duck.

Take a well cleaned young duck. Fill with a savory dressing. Truss and fit neatly into a small baking pan. Heat and place in an insulated oven one hour or longer if convenient. Mince the giblets and cook them in a cooker kettle. Blend some of the fat from the baked duck with a tablespoon of flour and thicken the broth from the giblets. Pour this gravy over the giblets in a bowl.

Fowl in a Casserole.

Soak a pint of dried lima beans. Bring them to a boil in fresh water and set in a cooker two hours. Take out and drain. Put them in a casserole with two cups of diced chicken or other fowl, a sliced onion, half a cup of strained tomato, and a cup of the bean broth. Add other seasoning as desired. Salt and sprinkle with bread crumbs and a little chopped parsley. Bake in the cooker oven one hour. Serve hot.

How to Roast an Old Fowl.

Prepare the fowl as usual for baking but do not put in the dressing. Put the fowl whole into a kettle with a tightly fitting lid. Place it on a rack in a large kettle or boiler. Nearly fill the outer vessel with boiling water, taking care that

there is not so much that it will boil into the chicken. Boil over the fire until the chicken is thoroughly heated, about forty minutes. Then with both lids tightly closed remove it to the cooker and let it remain twelve hours. This may be prepared at night. In the morning reheat and place in the cooker until time to roast for dinner, which should be one and a half or two hours. Then stuff the fowl, rub with melted butter, and dust with flour, salt, and pepper. Put into a baking pan in an insulated oven and proceed as with any roast.

By steaming in the closed kettle before roasting, the meat becomes tender without extracting the juices as in ordinary steaming or boiling.

Turkey.

Clean, rub well with pepper and lemon juice, and stuff with bread stuffing, sewing it in well. Truss the legs and wings close to the body, and pin the fowl in a cheesecloth to preserve the shape. Put into boiling salted water, or if you have a very large kettle, use a wire basket to hold the turkey above the water. Let it steam over the fire half an hour, and set it in the cooker three hours, or longer if it is very large. Remove from the cooker. Coat with melted butter and dust with a very little flour. Brown in the cooker oven one hour. Serve with oyster, celery, or lemon sauce. Garnish with a border of parsley.

Rabbit en Casserole.

Cut and slice the rabbit. Dip each piece into flour seasoned with salt and pepper. Fry in two ounces of butter until each piece is delicately

browned but not cooked. Add a finely minced small onion, one clove of crushed garlic, a teaspoonful of ground cinnamon, one of ground ginger, and a pinch of ground mace. Moisten with one cup of brown stock. Add six mushrooms and a half a cup of boiled rice. Boil in a casserole five minutes and set in a well-heated cooker oven three hours, with the cover on the casserole.

Jugged Rabbit—the English Way.

Cut a fresh rabbit in handsome pieces. Roll in flour and fry to a good brown in half a cup of mixed fats. Lift the brown pieces into a stewpan. Mix two tablespoons of flour with the fat left in the pan. Stir until smooth, add salt, pepper, a teaspoon of lemon juice, half a glass of apple jelly, and stir in two cups of water. Pour this sauce over the rabbit in the stewpan. Insert a bay leaf, two cloves, and three allspice in a cheesecloth bag. Boil five minutes and set in the cooker three hours. Take out the bag of spices before serving.

Choice Recipes

Choice Recipes

Meats

"Yet come with me to the forest, you shall bring the hunting homeward."—LONGFELLOW.

Baked Beef.

Chop one pint of cold beef with a little ham; add one cup of bread or cracker crumbs, two beaten eggs, and salt, pepper, and butter to taste. Moisten with stock or gravy. Heat and place in the cooker oven one hour.

Boiling Meats.

The most simple of culinary processes is not often performed to perfection. Put your meat into boiling water. The less water, provided the meat be covered with it, the more savory will be the meat and the better the broth. When the water is coming to the boil, a scum will rise. This must be carefully taken off. When you have skimmed well, put in half a cup of cold water, which will throw up the rest of the scum. Skim again. After it boils again five minutes set it in the cooker two hours or more, according to the quantity and thickness. Boiled meat is more easily digested than either baked or roasted meat because of the over-heating of the fat in the oven.

Braised Beef.

About a two-pound piece of beef (chuck or a bit of rib roast), sliced onions, potatoes, two or three carrots sliced, a bay leaf, salt, and pepper. Put a layer of onions and the other vegetables into a kettle, lay the meat in and cover with the rest of the vegetables, lay the bay leaf on and pour over

one pint of boiling water in which you put salt and a dash of red pepper. Cover closely and place in the cooker kettle with hot water, and boil twenty minutes. Then place in the cooker five hours. Before serving set the inner kettle on the stove and thicken the gravy with a little flour mixed smooth with cold water. Serve hot.

Brisket of Beef.

Two pounds of beef coarsely ground. Add one cup of chopped celery. Season with salt and pepper. Add one tablespoon of vinegar, and one cup of water. Heat and put into cooker two hours. Longer will not injure it. Take out and reheat, incorporating one ounce of gelatin dissolved in a bit of cold water. Cool in a mold. Slice and garnish with celery tops.

Cannelon of Beef.

Two pounds of round steak, ground, one cup of fine bread crumbs, one tablespoon of butter, salt and pepper, and one onion finely chopped. Make into a roll and wrap in pie crust or biscuit dough. Bake in oven. Serve with brown sauce.

Brown Sauce.

Heat three tablespoons of butter in a pan and when it browns, add two tablespoons of flour. Stir until a dark brown and place an asbestos pad under it. Add gradually one and a half cups of stock. Stir until it boils, season with salt and pepper, and add a tablespoon of tomato catsup.

New England Boiled Dinner—

With Mustard Sauce.

The night before the dinner is to be served prepare four pounds of corned beef, washing it thor-

oughly and trimming as seems necessary. Put it into the large kettle and nearly fill with cold water. Heat slowly, boil fifteen minutes and skim, then place in the cooker for the night. In the morning reheat and leave in the cooker until time to prepare the vegetables. About two hours before the dinner hour place over the fire and put into the kettle with the meat two onions and four turnips sliced, two parsnips and two carrots cut into small pieces, and one small head of cabbage, which should have been cut into quarters and soaked one hour in cold water, then drained and tied in cheesecloth. When the contents of the kettle are boiling, remove to the cooker for one hour, then reheat and add eight medium sized potatoes cut in halves. When it is again boiling, return to the cooker until time to serve. Take up the meat on a large platter, surround with the vegetables, and send to the table. A number of beets should be prepared in a separate cooker kettle and made ready to serve with the other vegetables, slicing and arranging them around the dish.

Mustard Sauce for the Above.

Into one-half cup of boiling water stir one teaspoonful each of butter and flour, creamed together. Mix smoothly two tablespoonfuls of mustard with a little vinegar and add to the sauce, with one tablespoonful of sugar and a little pepper and salt. Cook five minutes and pour into a mustard cup for the table.

Pocket Steak Dinner.

Buy a flank steak and ask the butcher to cut a large pocket in it. Fill the pocket with this dress-

ing: Two cups bread or cracker crumbs, one-half cup chopped mixed pickle, one beaten egg, a tablespoon of clear meat drippings. Moisten with one-third cup of stock or half a cup of gravy. Sew the pocket together, or pin it with toothpicks. Place the stuffed steak on two bay leaves in a pan with a good tight lid. Pare and dice two or three potatoes and tuck around and under the steak. Stick three cloves in the meat. Pour over all one cup of thickened stock or gravy. Add a good sprinkling of salt and a few dashes of pepper, and another bay leaf. Cover firmly. Place on a wire tray above boiling water in a big cooker kettle. Boil hard over a fire ten minutes and in a cooker three hours. Serve on a platter with the potato arranged around the steak. Remove the toothpicks, cloves and bay leaves. Serve with parsley as a garnish.

English Pasties.

Four cups of flour, one cup of butter, one-half teaspoon of salt, two teaspoons of baking powder. Make a crust, adding a little ice water; roll out thin and cut it into circles the size of a saucer. Take one pound of round steak, one onion, one potato, one-fourth cup of chopped pork, one-half teaspoonful of salt, and a dash of red pepper. Cut the meat, onions, and potatoes in dice, mix, and divide into six parts. Place one part of the pie on the crust, put bits of butter over, and fold the crust over, making half moons, and seal by wetting the edges and pressing together. Bake in a moderate oven for forty minutes. These are fine for lunches.

Boiled Flank.

Take two pounds of flank steak and rub salt into it. Let it stand while you prepare a dressing of bread crumbs as you would for turkey. Spread the dressing over the steak. Roll it up very tight and tie a piece of cloth around it. Boil in a casserole fifteen minutes over a fire and several hours in a cooker.

Hamburg Steak.

Put three thin slices of salt pork into the bottom of a round casserole, and a layer of Hamburg steak on this; then two more pieces of pork and another layer of steak. Sprinkle both layers of steak with cracker crumbs. Season with onions cut into bits. Pour over all one and one-half cups of sweet milk well salted and peppered. Cover tight. Heat. When all is thoroughly heated, set into a cooker oven three hours.

Beef Hash.

Equal parts of chopped meat and potatoes, both already cooked. Season with salt, pepper, and onion or nutmeg. Wet with stock or gravy. Crisp bacon chopped or minced celery tops add to the flavor. Mix well while cold. Heat and place in the cooker oven two hours. Do not stir. Serve in the baking dish.

Beef and Hominy.

Cut one pound of beef into cubes and put it into a jar with one pint of cracked corn which has been soaked over night in enough water to cover it. Slice in one small onion. Salt and pepper to taste. Cook over the flame ten minutes, and place in the cooker five hours.

Beef Loaf.

Three pounds of beef prepared as for Hamburg steak, three eggs, eight water crackers, three level teaspoons of salt, one-half teaspoonful of powdered sage, and a pinch of red pepper. Also the grated rind and juice of one lemon. A little fat pork added to the beef improves it. Mix all together, forming into three loaves, using a little flour to form the loaves. Place in kettle over hot water in the cooker kettle and boil hard for twenty minutes, then place in cooker for five hours. Place in oven a few moments to brown. Should you form this amount into one loaf, you should boil it thirty-five minutes before putting into cooker. The small loaves slice better.

Beef and Oysters.

Heat three pounds of beef in a stone jar with the liquor from one can of oysters. Season with salt and pepper. Place in a cooker four hours. The flavor of the oyster is absorbed by the beef and the dish is a very appetizing one. Just before serving add the oysters and cook three minutes over the flame. A spoonful of flour to thicken the sauce while the oysters are cooking is one change. Another is made by the addition of a few crumbled crackers.

Potted Meat.

Put four pounds of lean beef into a stone jar without water. Immerse the jar in a kettle of boiling water. Cover both jar and kettle. Boil half an hour on the stove, and place all in a cooker over night. In the morning open it and

let it cool. Remove all skin and gristle, and mince the good meat. To each pound of meat add half a cup of clarified butter, salt, pepper, half a grated nutmeg, and a powdered bay leaf. Moisten with the meat juices from the jar. Press into a mold. Slice cold.

Pot Roast.

Wash the meat, season to taste, brown on all sides over a flame, and place in a stone jar, dry; no water whatever. Cover perfectly. Put the jar into a kettle of hot water. Boil fifteen minutes, or until the meat is heated through. Place in a cooker three to six hours depending upon whether you prefer it rare, or well done. Even tough meats become tender by this method. The juice at the bottom will be very rich, and a portion of it may be seasoned, thickened, and a cup of boiling water added for a gravy.

Roast Beef.

Take five pounds of sirloin beef. Put it into a hot skillet, turning and searing it on all sides. Lift into a granite pan, and cover. Set it in a larger vessel of boiling water. When the meat has become heated through to the middle, and the water is still boiling, set all into the cooking box three hours. Any meat may be roasted in an insulated oven exactly as it has usually been done in ordinary ovens.

Roast Beef Relish.

Slice cold roast beef thin. Make a gravy of three tablespoons of butter, one of flour, one tablespoonful of tomato catsup, one tablespoon of vin-

egar, one teaspoon of currant jelly, half teaspoon of made mustard. Put meat and all in a saucepan, cover and set in a kettle of boiling water. Steam an hour in cooker.

Beef Roll.

Make a biscuit dough and roll thin. Spread with Hamburg steak, season with salt, pepper, chopped celery, and chopped parsley. Roll like jelly cake. Lay in a mold above boiling water. Cover the mold. Cook on the stove twenty-five minutes, and three hours in a cooker.

Steak Rolled and Stuffed.

Use two pounds of steak, two ounces of lean ham, one-quarter pound of suet, one lemon rind, one teaspoon of parsley, one teaspoon of mixed sweet herbs, six ounces of bread crumbs, and two eggs. Cut the steak rather thin and sprinkle with salt and pepper. Chop the ham, suet, lemon rind, parsley, and sweet herbs; add seasoning, bread crumbs, and eggs well beaten; mix well. Spread the dressing over the steak, roll up and tie. Ten minutes over the flame; three hours in the cooker.

Timbale of Beef.

One and one-half pints of cold cooked beef chopped fine, one level teaspoon of salt, one-half teaspoon of pepper, same of onion juice, one teaspoon of chopped parsley, one tablespoon of butter, one cup of stock or milk, and two eggs. One-half cup of grated bread crumbs. Mix all ingredients, beat eggs and melt the butter, and place in a well buttered mould. Place in cooker vessel in hot water. Cook for twenty minutes and place in

cooker for five hours. Turn out on platter and pour around it brown sauce. Serve hot.

Boiled Tongue.

Cover a large fresh tongue with water. Boil ten minutes. Place in cooker nine hours. Cool and remove the skin.

Boiled Tongue—Another Method.

Place a mildly salted beef tongue in a kettle of cold water. Bring slowly to a boil. Plunge into cold water, peel, and trim. Brown on all sides in fat in a hot skillet. Place the tongue in a heated pan. Fry in the skillet one sliced onion, one carrot, one stalk of celery diced, one sprig of parsley cut fine, a quarter of a bay leaf, and one chopped cucumber pickle. Place the vegetables under the meat and around the sides of it. Add one-half cup of strained tomato and one cup of hot water. Cover. Heat and cook half an hour. Place in cooker four or five hours according to the size of the tongue.

Tyrone Loaf.

One pound of beef steak ground fine, three-fourths of a pound of stuffed sausage, one and one-half cups of uncooked oat flakes, and about one cup of stewed tomato. Put into a small jar or earthenware pot; first a layer of beef with a little salt and pepper, then a layer of sausage cut into small pieces and rolled in flour, next a part of the oatmeal moistened with the tomato and seasoned with pepper and salt, then a layer of the beef, sausage, and oatmeal until all is used, adding the tomato at the last. Place the jar in a cooker

vessel with boiling water around it. Cook over the fire thirty minutes and in the cooker five hours.

Lamb With Celery.

Take breast of lamb, two pounds. Rub over with flour, salt, and pepper. Brown in mixed fats. Add one cup of cream, and one cup of chopped celery. Heat through and place in cooker two hours.

Cold Leg of Lamb.

Immerse in water. Put salt, pepper, and two bay leaves in the water, and plan to save the liquor for soup. Boil fifteen minutes on the stove and set into the cooker five or six hours, depending upon the weight of the meat. Slice the cold meat and serve with a sauce.

Sauce: One egg cooked hard; mash the yolk and chop the white. To the yolk add one teaspoon sugar, saltspoon salt, one teaspoon mustard, one tablespoon of olive oil, and two tablespoons of vinegar. Mix well and sprinkle the chopped white on top.

Lamb With Tomatoes and Rice.

Two cups of cooked lamb, diced and free from fat and gristle, two cups of lamb broth or gravy, one cup of strained tomato, salt and pepper. Heat and when boiling stir in two-thirds of a cup rice (uncooked). Heat and boil ten minutes and place in a cooker two hours.

Mutton Ball.

Salt the meat and sprinkle chopped parsley over it. Roll, skewer, and tie it to make it quite round. Immerse in cold water to cover it. Bring

the water to a boil and skim. Afterwards boil again for ten minutes and place in a cooker three or four hours according to the size of the meat. Press between two boards with a heavy weight as it cools. Slice and eat cold.

Mutton Chop.

Cook one sliced onion in two tablespoons of butter. Roll each chop in flour with salt and pepper. Brown each chop in the butter, and add half a cup of boiling water. Boil ten minutes and place in cooker two hours.

Pork Chops.

Brown both sides of each chop over a flame in a granite sauce pan. Set the pan, all thoroughly heated, in a dry hot kettle with hot stones directly below and above it. Heat again and set in a cooker an hour or longer. A delicious dish.

Leg of Pork.

Let it lie in cold salted water an hour to make it white in color. Drain and roll it in a well floured cheesecloth. Put it in your cooker kettle, allowing plenty of cold water to cover it. Bring the water to a boil. Skim ten or fifteen minutes. Set it in the cooker seven hours. Serve with apple sauce.

Sausage on Hominy.

Scald two cups of hominy with two cups of boiling water. Season with salt. Boil ten minutes and place in the cooker three hours or longer. Spread over this partly cooked corn half a pound of sausage. Reheat and place in the cooker oven two hours.

Stuffed Tenderloins.

First nearly fill the large cooker kettle with water and place over it a shallow granite or earthenware dish that will fit closely to serve as a lid to the kettle while the water is heating. Prepare as many of the tenderloins as may be required for the dinner by cutting across the meat, making rounded slices of medium thickness.

Prepare a dressing of bread crumbs moistened with hot water and seasoned highly with butter, salt, pepper, and powdered sage. Place together two pieces of about equal size, fill the space between them with the dressing, and fasten the edges together with toothpicks or, what is better, sew together with twine. Proceed in the same manner with the remaining slices until all are used.

Put some sweet drippings into a frying pan and when hot brown in it the tenderloins. When they are well browned on both sides, remove them to the pan over the cooker kettle and cover closely. The water by this time should be boiling. Pour into the frying pan enough hot water to make a good gravy, thicken it with flour, and season with salt and pepper, adding a little of the dressing. When this is boiling hot, pour it over the meat. Cover and cook over the fire about fifteen minutes or enough to heat thoroughly. Then remove the kettle, closely covered, to the cooker for two hours, or if more convenient it may remain several hours. The tenderloins may be served on a platter garnished with parsley and the gravy served separately.

Scrapple.

In the forenoon prepare four pigs' feet by a good thorough scrubbing. Put them with two pounds of liver into a kettle and cover with boiling water. Boil one-half hour on the stove and put into the cooker until night. Reheat to boiling point and return to box until morning; cool enough to remove fat; take meat from bones and run through meat chopper; strain liquor; return the chopped meat to liquor and when it boils, add cornmeal until very thick; add salt, pepper, sweet marjoram, and sage; stir until thoroughly boiling, then place in cooker for six hours. Mold and when cold slice and fry. This makes a hearty heat-producing dish for winter mornings.

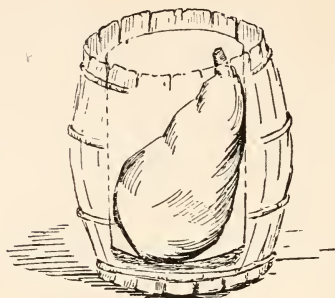
Ham a la Venison.

Spread thin slices of cold boiled ham with a little made mustard and a dash of cayenne pepper. Melt over hot water a tablespoon of butter and half of a small tumbler of currant jelly. Put in the slices of ham. It should brown nicely but not scorch.

Boiled Ham.

Put a whole ham in a vessel with a good tight lid. Cover with cold water. Heat and boil fifteen minutes. Set the hot vessel, water, ham, and all inside a clean box or keg with several inches of crumpled paper in the bottom. Pack paper or any convenient material around the sides. Cover with a thick cushion of similar packing. Place a weight on top to keep it all tight and hot. Let stand twelve hours. Open. The water will be scalding

hot. Let it cool and then lift the ham out. Remove the skin. Place in a roasting pan. Cover



the ham with a half inch layer of brown sugar and stick cloves all over it. Bake twenty minutes or until well browned.

Egg Sauce.

Blend together two rounded tablespoonfuls each of butter and flour. When smooth add one and one-half cups of boiling water. Simmer a few minutes. Season well with salt and pepper and into the sauce slice four or five hard boiled eggs. Boil up once and pour into small dish for the table. To be served with cold boiled ham.

Rolled Ham and Steak.

Roll a one-pound slice of ham in two pounds of round steak and tie securely. Place the roll on a wire stand in a granite pail. Put one cup of boiling water in the pail. Cover. Set the pail inside a kettle of boiling water. Boil fifteen minutes. Place in the cooker three hours. Thicken the gravy with browned flour. Serve with baked potatoes.

Veal.

The veal of calves from four to six weeks old is the best. The meat should be clear and firm, and the fat white. The hindquarter is the choicest joint, and is divided into the loin and leg. The neck or forequarter is used for fricasses and stews and for pies or chops.

Baked Veal.

Lay in a heated and buttered casserole one and one-half pounds of veal steak. Add one-half cup of seasoned stock or cream. Spread over the steak a dressing made of two cups of bread crumbs, one onion chopped fine, a beaten egg, a tablespoon of melted butter, salt, and pepper. Sprinkle with stock or cream and cracker crumbs. Heat and cook ten minutes and place in a dry cooker kettle with heated soapstones above and below it. Let it stay three hours. Serve with jelly.

Veal Birds.

Two pounds of veal steak cut very thin and cut into four-inch squares. Season these with onion, salt, and pepper and wrap them around the small bits of veal and a few narrow strips of salt pork. Skewer each roll with two tooth picks. Roll in beaten egg and in flour, and brown in hot fat. Lift into a sauce pan with good cover. Pour over the birds a gravy made with the fat thickened with flour and a pint of rich milk. Heat all over a pot of boiling water, which may then be placed in a fireless cooker for a couple of hours.

Calf's Liver.

Take a calf's liver, soak in salt water for a half hour, then skin and take out any veins that you

can, then lay strips of bacon on the top of it. Lay the liver on thick layers of onions sliced, season with salt and pepper, and over all squeeze a half lemon. Pour over this one-half pint of boiling water, cover closely and place the kettle into the cooker kettle with hot water around it, and boil for one-half hour. Place in cooker for five hours.

A Veal Dinner.

Have the butcher cut out the bone from a knuckle of veal. Roll and tie the meat in one solid piece. Cover meat and bone with water and boil five minutes. Set in the cooker two hours. Take out the bone and add six onions, eight potatoes, and salt and pepper to taste. Heat to boiling and set into the cooker one hour. At the end of that time invert a wire basket over the food in the kettle and set it on a flame. Cover the bottom of the basket with baking powder dumplings. When it boils, don't lift the cover, but set all into the cooker ten or fifteen minutes.

Veal Loaf.

One and one-half pounds of chopped veal and about one-eighth pound of salt pork cut very fine, one beaten egg, one-half cup each of cracker crumbs and sweet milk, one tablespoonful of butter, one-third of a teaspoonful of pulverized sage, two teaspoonfuls of salt, and one-third teaspoonful of pepper. Mix all the ingredients together thoroughly and put into a small jar or can holding about three pints, sprinkle the top with cracker crumbs, put a tight cover on the jar, and place it on the rack in the large cooker kettle. If the jar

is not deep enough to come nearly to the top of the kettle, place under it an extra rack or any article that will raise it sufficiently. This will allow a larger body of hot water which will aid in the cooking. Now pour boiling water into the kettle until it reaches within two and a half inches of the top of the jar. Boil on the fire thirty minutes and remove to the cooker for five hours or more. When ready to take out, the loaf may be placed in the oven a few minutes if desired, to brown on the top. Pour off the extra liquor and the loaf is ready for use. It may be served hot or used for slicing cold. Garnish with parsley.

Veal Mold.

Two cups of finely chopped cooked veal. A tablespoon of minced celery. Salt and pepper to taste. One cup of fine bread crumbs. Enough gravy or stock to moisten. One beaten egg. Mix very thoroughly. Place in a round bowl, cover, and heat. Place in a cooker oven an hour, or longer if convenient. Slice cold.

Veal Pot Pie.

Wipe and trim about three pounds of veal, and put it into a cooker kettle. Pour over enough boiling water to cover it. Boil twenty minutes, skim it well, and leave it in the cooker for six hours or more; then season highly with pepper and salt. It may be prepared at night to remain in the cooker over night or in the morning and reheated after three or four hours if necessary, and then seasoned. Half an hour before dinner put the kettle over the fire while you prepare the dumplings.

Dumplings: Sift two cups of flour with two teaspoonfuls of baking powder and one-half teaspoonful of salt, and into it rub one tablespoonful of shortening. Break an egg into a cup, fill with sweet milk and stir it into the flour. Roll out and cut with a biscuit cutter and put into the kettle with the meat. The meat must be boiling rapidly and the lid placed on tightly. If there is not enough of the meat to keep the dumplings out of the liquor, invert a wire basket over it and on it place the dumplings. Cook them twelve minutes, take out the meat, and put it in the center of a large platter with the dumplings around it. Thicken the gravy left in the kettle, adding a little more water or seasoning if necessary. Pour a little of the gravy over the meat and serve the remainder in a gravy tureen.

Rice With Veal.

Line a well-buttered mold with dry boiled rice, and fill the center with chopped veal which has been cooked and seasoned with butter, pepper, salt, and celery seed. Bake in cooker oven one hour. Serve with tomato sauce.

Veal and Tongue Roll.

Have a breast of veal boned and spread out flat; rub in salt and pepper and lay two cups of chopped cold tongue, two beaten eggs, and one cup of bread crumbs, mixed. Roll tightly. Wrap in cheesecloth and tie. Immerse in water seasoned with salt, cloves, celery, onion, and parsley. Boil over the flame fifteen minutes. Remove to cooker five hours. When done cool under a weight. Slice when cold. Garnish with parsley and radishes. Save the stock for a soup.

Choice Recipes

Choice Recipes

Vegetables

“I’ve nothing to say agin’ her piety, my dear; but I know very well I shouldn’t like her to cook my victual. When a man comes in hungry and tired, piety won’t feed him, I reckon. Hard carrots ’ull lie heavy on his stomach, piety or no piety.”—GEORGE ELIOT.

Cream Sauce.

Cream together two level tablespoons each of butter and flour. Place over the fire in a small saucepan. Stir until melted, but do not brown, and add one large cup of hot milk. Stir and cook until smooth. Season with one-half teaspoon of salt, and a saltspoonful of pepper.

Asparagus.

Remove the toughest portion at the base of each stalk. Place in a wire basket and immerse in salted boiling water. Boil five minutes on the stove and half an hour in a cooker. Lift out the basket and carefully place the stalks on a dish. Cover with a white cream sauce.

Green Beans.

String and cut a quart of fresh green beans. Cover them with boiling water and boil five minutes over the stove and set them in a cooker an hour and a half. If they are old and tough they will need a longer time in the cooker and perhaps fifteen minutes on the stove at first. When ready to serve season with melted butter, salt, and pepper.

Green Shelled Beans.

Shell and wash young green beans. Put them over the fire in a generous quantity of boiling

water, salted. Boil five minutes over the fire and in the cooker two hours. Then drain off the water and add to them rich milk or cream. Season with butter and salt to taste.

Fresh Lima Beans.

For one cup of beans take one quart of water. Boil fifteen minutes and set in cooker all night. Drain and save the surplus water for soup. Season with butter, salt, and a teaspoon of curry moistened with lemon juice.

Fresh Beets.

Beets should never be cut before cooking if you wish to retain their bright color. They may, however, be thoroughly cleaned with a vegetable brush. Cover with boiling water and let boil ten minutes on the stove or longer if they are large, and three hours in the cooker. Slip off the skins. Slice and season to taste.

Beets With Dressing.

Wash thoroughly two large bunches of beets. Pour enough boiling water over them to cover well, and boil rapidly for ten minutes; then place in the cooker for two or three hours, according to the condition of the beets. When done plunge them into cold water, when the skins may be easily removed. Cut them into thin slices or with a vegetable cutter into any shape you choose.

Dressing.

Take three-fourths of a cup each of vinegar and water, one-third of a cup of sugar, one large tablespoon of butter, one teaspoonful of salt, one-fourth of pepper, and one and one-half tablespoon-

fuls of flour. Boil the vinegar, water, and sugar together. Cream the butter and flour and add to the other ingredients when boiling. Season with the salt and pepper and when it thickens, put in the sliced beets. Let boil up a little and serve. If the beets are old, they will require more time and may be prepared the night before and reheated in the morning if necessary.

Boiled Cabbage.

Cut the cabbage into quarters and soak for half an hour in cold water, adding a tablespoonful of salt. Drain from the water and cut into slices. Put it into the cooker kettle nearly filled with boiling water, adding a tablespoonful of salt. Bring to a boil and place in the cooker for one or two hours according to the age of the cabbage. Pour into a colander and drain well. Season with butter and pepper and if needed a little more salt.

Creamed Cabbage.

Creamed cabbage is delicious. Cook according to the above recipe, then chop and pour over it hot a well seasoned cream sauce.

Creamed Carrots.

Only young carrots are good for this dish. Take the required quantity, wash and scrape them lightly, cut them into halves lengthwise, then into quarters, and then into inch pieces. Pour over them boiling, salted water, enough to cover them generously, and when boiling place them in the cooker for one hour or more if needed. When ready to serve, drain, put them into a vegetable dish, and pour over them a cream sauce.

Cauliflower.

This is a delicious vegetable if properly cooked. Remove all the green leaves and place the head in a pan of cold salted water. Let it soak an hour, then place it in the cooker kettle and boil five minutes and put into the cooker for an hour and a half. If the head of cauliflower is large, more time should be allowed. Dress with a white sauce made by taking one pint of milk, put into a double boiler, one teaspoon of salt, and one tablespoon of butter. Rub one tablespoon of flour smooth with a little water and add to the boiling milk. Lift the head of cauliflower into a vegetable dish and pour over it the white sauce. Send to the table hot.

Boiled Sweet Corn on the Cob.

Prepare the corn by immersing the husked ears in cold water, rubbing off all the silk and cutting away any imperfections there may be. Have ready in the large cooker kettle enough boiling, salted water to cover the corn. Put it into the kettle and when boiling hard place in the cooker for one hour.

Sweet Corn Cut From the Cob.

Prepare the corn as for the above recipe, then with a sharp knife cut the corn from the cob taking care not to cut too deep. Scrape the remainder of the corn from the cob. Place in a small cooker kettle and add just enough milk to cover it. Bring it carefully to the boiling point and put into the cooker for forty-five minutes. Then season with butter and salt and it is ready for the table.

Roast Corn.

Green corn a little too old to be boiled. Leave the inner husk on the ear and place in a hot oven half an hour.

Baked Hominy.

Soak one pint of hominy samp all night; one pound of meat, of any kind you prefer, cut into small pieces; one small onion. Season to taste. Add one pint of water. Place in an insulated oven to remain five hours.

Boiled Hominy.

Two cups hominy samp. Four cups water. Heat to boiling and set in cooker six hours. Serve with salt, pepper, and butter or with cream sauce.

Hominy Fried.

Run a pint of cooked hominy samp through a fine meat grinder. Stir in a beaten egg and a tablespoon of butter blended with a tablespoon of flour, a bit of onion, salt, and pepper. Shape and roll in cracker crumbs and egg and then in corn meal. Fry between hot stones in a dry cooker kettle. Garnish with parsley.

Macaroni with Tomato Sauce.

Break into small pieces enough macaroni to make one pint. Throw it into about two quarts of boiling water well salted. Boil rapidly for five minutes, stirring and separating with a fork; then remove to the cooker for one and one-half hours.

When ready to serve drain well, place in serving dish, and pour over it the following sauce.

Tomato Sauce.

One and one-half pints of canned or six fresh tomatoes, one small onion sliced, five cloves. Bring to the boiling point, place in cooker one hour or more, then rub through a strainer fine enough to retain the seeds. Place over the fire. Add one rounded tablespoonful of butter and a thickening made of one large spoonful of flour wet up with cold water. Season highly with pepper and salt, boil a few minutes, then pour over the macaroni.

Boiled Onions.

Prepare the onions by taking off the outer skins. Place in cooker kettle with hot salted water, boil ten minutes, and place in the cooker for one hour and a half. Just before serving drain off the water and add cream, butter, and salt. Let boil up and serve hot.

Boiled Onions with Tomato Sauce.

Prepare onions as for ordinary cooking. Boil fifteen minutes in plenty of water; give from one to two hours in box, depending upon size of onions; strain a cup and a half of tomato, rubbing the pulp through; have this heated and seasoned ready to pour over onions when they are taken from the box and drained.

Parsnip Fritters.

Cook parsnips in boiled salted water in a cooker three hours. Drain and plunge into cold water, when the skins will slip off easily. Mash, put in one egg, season with butter, salt, and pepper. Shape in small circular flat cakes. Roll in flour

and sauté in butter. Plain boiled parsnips may be served with a cream sauce.

Fried Parsnips.

Slice cold, boiled parsnips. Sprinkle with salt, dredge with flour, and sauté in butter until brown.

Green Peas.

Throw freshly shelled peas into boiling salted water for three minutes to preserve the color. Boil them five minutes and set them in the cooker for two to four hours. Season them with salt and butter.

Green Peas in Milk.

Sprinkle salt on freshly shelled green peas. Pour on boiling water, cover, and let stand while you heat some milk. When the milk boils drain the water from the peas and pour the hot milk on them. Salt them again. Cook them double boiler style. They may safely remain in the cooker several hours.

Boiled Potatoes.

- Pare potatoes of uniform size. Let them stand awhile in cold water. Put them into a wire basket and plunge them into boiling salted soft water in a cooker kettle. When the water boils again, let it continue five minutes. Put the covered kettle into the cooker. Time of cooking depends on size of potatoes, fifty or sixty minutes. Lift out the basket and let the potatoes dry. Serve with cream sauce.

Steamed Potatoes.

Slice three or four medium sized potatoes. Season with salt, pepper, and butter. Fold in par-

affin paper. Enclose the lid of a cooker kettle in a cheesecloth bag. Suspend the paraffin package in the bag below the lid. Put the lid on a kettle above boiling food. Boil ten minutes over a flame and two hours in a cooker. These are very delicious.

Warmed-over Potatoes.

Cut cold, boiled potatoes into thin slices; salt and pepper to taste. Thicken milk with butter and flour well blended and pour over the top. Heat over steam or between stone radiators in the oven.

Boiled Sweet Potatoes.

Pare or scrape the sweet potatoes. Put into the cooker kettle with a tablespoonful of salt. Pour over them sufficient boiling water to cover them. Boil five minutes and then remove to the cooker for one hour. Take from the box and shake well over the fire. They may then be mashed, browned in the oven with plenty of butter and sugar over them, or prepared for the table in any way you choose.

Sweet Potato Croquettes.

Two cups of mashed potato prepared in the cooker. Two rounded tablespoonfuls of butter, one-half teaspoonful of salt, one-eighth teaspoonful of pepper, one teaspoonful of sugar, and one beaten egg. Shape and roll in egg and cracker crumbs and fry a delicate brown in deep fat. As some potatoes are more moist than others, it may be necessary to vary the preparation. If they are too dry, add a little milk, or if too moist to shape

well, a few cracker crumbs will be a desirable addition.

Boiled Rice.

Wash one-half cup of rice, throw it slowly into a quart and a half of boiling salted water, keeping water boiling continuously; let it continue to boil ten minutes; place in cooker-box two hours.

Some rice will cook in less time. And, again, some rice will require less water. It is well to buy it in goodly quantity, and test each purchase for your rule.

Radishes.

Pare and slice fifteen or twenty large white radishes. Cover with water and boil three minutes. Set in the cooker one hour. Take out and drain. Season with salt, two tablespoons of melted butter, and as much chopped parsley.

Spinach.

Rinse and trim well. If at all wilted revive in cold water. For half a peck of spinach use three quarts of boiling water and a tablespoon of salt. Heat until it is all wilted, then drain. Put it in a steamer above water and reheat. Set in a cooker, where it may safely remain according to your convenience. Serve with salt, pepper, and melted butter poured over it. It may be garnished with hard boiled eggs.

Summer Squash.

Take young and tender squashes. Wash and cut into small pieces; do not remove the skin or seeds. Put them into boiling salted water. Boil over the fire five minutes and in the cooker one hour.

Place the squash in a strainer cloth, and mash and squeeze out all the water possible. Return to the kettle and stir over the fire until dry. Season with salt, pepper, and a generous amount of butter, and add a little cream.

Winter Squash.

Cut in two inch squares. Remove a teaspoonful of the pulp from the center of each piece, fill with half a teaspoonful of molasses and cover with melted butter. Salt and pepper. Arrange in a pan. Cover. Place above the boiling water. Boil five or ten minutes and place in the cooker three hours. Serve in the shell.

Succotash.

Take tender green beans; there should be about one pint after they are shelled. Place them over the fire in a generous quantity of boiling water, salted. When they are boiling rapidly, remove them to the cooker for two hours. Have ready eight ears of green sweet corn, and with a sharp knife cut the corn from the cobs. Avoid cutting deep enough to include any portion of the hulls. Then with back of the knife scrape the cob thoroughly to remove the sweet juice, and add to the corn. When the beans are done, drain off the water. Add to them the corn and enough rich milk to just cover. Bring to the boiling point. Season with butter and salt to taste and remove to the cooker for thirty minutes or until ready to serve.

Creamed Turnips.

Cut turnips into half inch cubes. Steam in the cooker two hours. Drain well and cover with a cream sauce.

Turnips With Sauce.

Pare turnips. Cover with boiling water and boil ten minutes. Place in cooker two hours, or half an hour longer if they are large. Take out, drain. Scoop out center from each turnip and fill with the following sauce: Blend one tablespoon of butter and one of flour, add one-half cup weak vinegar. Boil together and stir. Take it off the stove and stir in one beaten egg. Salt and pepper.

Boiled Turnips Mashed.

Pare and cut into slices six or eight medium sized turnips. If the turnips are old, let them lie in cold water an hour before boiling. Then pour over them enough boiling water to cover them, adding a tablespoonful of salt. Boil five minutes and place in the cooking-box for one and one-half hours. When done drain them well, mash and season with salt, pepper, and a generous tablespoonful of butter. Stir them over the fire, allowing them to dry out as much as possible.

Stewed Tomatoes.

Scald and peel eight tomatoes. Slice them and put into a small cooker kettle or pan, with tablespoonful of butter, a teaspoonful each of salt and sugar, and half a teaspoonful of pepper. Heat to boiling and place in the cooker from one to two hours. When ready to serve, pour it into a veg-

etable dish and place around it small triangles of buttered toast.

Turkish Pilaffe.

Put into a skillet one tablespoonful of butter with salt and pepper to taste. When the butter is melted, add one cup of uncooked rice which has been thoroughly washed and drained and a medium sized onion cut into thin slices. Stir the rice constantly until it is *well browned*, then add one quart of stewed ripe tomatoes. When the tomato juice has been partly absorbed, add one cup of any kind of cold meat, chopped fine, and one and three-fourths cups of hot water. Stir well, pour into baking dish over kettle of hot water, put on cover, and bring to boiling point; then remove to the cooker for two or three hours.



Choice Recipes

Choice Recipes

Dried Legumes

"For a good dinner and a gentle wife, you can afford to wait."—DANISH.

Boston Baked Beans.

Wash and cover with cold water, one pint of navy beans, adding one-half teaspoon of soda. If the beans are to be used for Saturday night supper, put them into cold water Friday morning. At night drain and replace with fresh water. Heat and boil fifteen minutes, then place in the cooker for the night. Saturday morning scald about two ounces of sweet salt pork. Cut into slices. Drain the beans through a colander, and put them into a two quart jar or can. Add two tablespoons of molasses, two teaspoonfuls of salt, and the sliced pork, alternating with the beans. Pour over them enough of the water in which they were cooked to come just to the top of the beans. Cover jar closely and place on the rack in the large kettle. Fill with boiling water and put on kettle lid. Boil about thirty-five minutes or long enough for the beans to become thoroughly heated. Remove to the cooker to remain until required for the table. Or put the jar of beans into the cooker oven about noon to remain until time to serve, adding more water if necessary. Serve with tomato catsup.

Bean Croquettes.

Soak one pint of navy beans for several hours in an abundance of cold water, adding a small teaspoonful of soda. Then drain and cover with

fresh cold water. Heat, boil rapidly for ten minutes, and leave in the cooker over night. In the morning drain and cool.

Press through a wire sieve enough beans to make two cups of pulp. Add one beaten egg, one-half cup of cracker crumbs, one tablespoonful of butter, one teaspoonful of salt, and one-fourth teaspoonful of pepper. Mix the ingredients, and if not sufficiently moist, add a little milk. If too soft to shape well, add a few cracker crumbs. Shape and roll in sifted crumbs, then in beaten egg, then in the crumbs again. Make them quite smooth. Fry in deep fat until a golden brown. Drain them and serve plain or with tomato sauce.

Dried Lima Beans.

Soak the beans over night and in the morning drain off the water. Add hot water and salt to the beans and set the kettle over the flame for fifteen minutes, then put in cooker for three or four hours, according to the quality of the beans. Some require longer cooking than others. Draw off the water and dress with cream and a small amount of butter. Add more salt if necessary. Be sure to place the kettle on an asbestos pad, or your cream may be scorched. If cooking a large amount, it is better to heat the cream in a double boiler before adding to the beans. Let boil up and serve, or you can dress them an hour or two before the meal and place again in the cooker, where they will be kept hot to serve.

Beans in Soup Stock.

Soak navy or lima beans several hours or all night. Drain and cover with hot soup stock.

Season with salt and pepper. Cover and heat over a flame and set in an insulated oven for five hours or all day.

Bean Mound.

Cook either navy or lima beans in salted water all night. Mash through a colander, removing the outer skin. Add half a cup of powdered crackers to each cup of beans. Moisten with one beaten egg and form into a cone shaped mound. Brush a portion of egg all over the cone. Brown. Serve with a tomato sauce.

Lentils.

Soak over night in plenty of fresh water. Cook in the same water. Heat on the stove and set in the cooker five hours. Drain and cover with a cream sauce plentifully seasoned.

Dried Peas.

Soak one pint of whole dried peas in cold water all night; the next morning boil ten minutes in the same water. Drain. Put into a dish with a good cover. Salt, pepper, and place a piece of fat salt pork two inches square in the middle. Pour in hot water until you can see it. Put the pan above boiling water. Boil hard fifteen minutes and set all in the cooker five or six hours.

Split Peas.

Soak one-half pint of split peas all night. Drain and put them in an earthen jar. Cover with boiling water. Add one teaspoonful of butter and one-half teaspoonful of salt. Cover and boil five minutes and put in an insulated oven five hours or all day.

Winter Succotash.

Soak one pint of lima beans over night. In the morning drain, add hot water to the beans, and cook over the fire fifteen minutes. Then put into the cooker for four hours. An hour before dinner drain the beans and add to them one can of corn, one and one-half teaspoons of salt, one rounded tablespoonful of butter, and a cupful of cream or rich milk. Heat carefully and set into the cooker until time to serve.

Choice Recipes

Escalloped Foods.

"The true essentials of a feast are fun and feed."—
O. W. HOLMES.

Heat all escalloped dishes over a fire to the boiling point. Complete the cooking in double boiler fashion in the cooker. Take out, set on a table, invert a wire basket over it, and set a heated soapstone griddle over the basket to brown the top of the food. This method of cooking escalloped food is a great improvement over the old method.

Escalloped Cabbage.

Wash a head of cabbage and chop fine. Place in boiling water with a little salt and boil twenty minutes. Drain in colander, placing in a large baking dish and pour over it the following sauce: Melt four tablespoons of butter, stirring in three tablespoons of flour until blended. Then add one quart of milk and stir until it boils. Add six hard-boiled eggs which have been chopped fine, two teaspoons of salt, and a dash of red pepper. Pour over cabbage and sprinkle on some bread crumbs moistened with melted butter. Bake in the cooker oven twenty minutes, or steam one hour and brown afterward.

Escalloped Cheese.

Three well beaten eggs to one quart of sweet milk. Season with salt and red pepper. Take a pudding dish and put thin layers of bread and butter in the bottom; then spread over this thin slices of cheese. Fill the dish, having the cheese on top. Pour over milk and eggs, and put in

cooker kettle over hot water and boil for ten minutes, then place in the cooker for three hours. Brown the top just before serving.

Chicken Scallop.

One cup of cooked string beans, half a cup of diced celery, a small onion cut in slices, and half a minced carrot. Add one and one-half cups of cooked chicken and a teaspoon of salt. Pour over all a cup of chicken broth and three tablespoons of thick cream. Cook ten minutes and place in a cooker two hours. Brown.

Chicken and Rice.

One chicken weighing five pounds, one and a half cups rice, one-half cup butter, two eggs, one-half pint milk, one sliced onion, two cloves, and salt and pepper to taste.

Cut the chicken into joints. Put it into a cooker kettle with three pints of water, the onion, and cloves. Boil five minutes and set in the cooker two or three hours. Cook the rice in the cooker in three quarts of water. Salt and pepper the chicken. Add the butter, eggs, and milk to the cooked rice with the water drained off and some salt added. Place alternate layers of chicken and rice in a deep dish with rice on top. Pour over a pint of the chicken broth. Heat over a flame and before serving brown the top with a hot soapstone griddle.

Escalloped Green Corn.

Eight ears of corn, one pint of sweet milk, four eggs, pepper, and salt. Grate the corn and mix with milk. Beat the eggs separately. Place in dish, cover, and put into cooker vessel in hot

water. Boil hard ten minutes and put into cooker for one hour.

Ham Scallop.

One large cup of ham which has been boiled in the cooker, one-half cup of bread crumbs, three hard boiled eggs, and a cup of cream sauce. Chop the ham, season with salt and pepper, a pinch of red pepper, and one-fourth teaspoonful of mustard. Put into a baking dish alternate layers of ham, crumbs, chopped eggs, and cream sauce. Cover with the crumbs, dot with bits of butter, and put into the cooker oven for one-half hour, or set in a steamer cooker one hour and brown afterward.

Hominy and Cheese.

One pint of hominy samp, scalded and soaked in water all night, one pound of chopped veal, half a can of tomatoes, half a cup of grated cheese, pepper, and salt. Boil ten minutes over the fire. Place in cooker five hours.

Macaroni and Cheese.

Break and boil macaroni in an abundance of water in the cooker. Half an hour will cook it. Take out and drain. Blanch with cold water and drain. In a baking dish place alternate layers of macaroni and cheese and bread crumbs, mixed. Salt and pepper as you proceed. On the top make a nice layer of crumbs with bits of butter. Heat over the fire and cook, double boiler way, in the cooker an hour or two. Brown before serving.

Escalloped Onions.

Peel large onions and boil ten minutes. Arrange in a dish, dusting with salt and red pepper

and dotting with bits of butter. Make a cream sauce to cover. Dust with cracker crumbs. Heat ten minutes and set in cooker two hours. Before serving, brown under a hot griddle.

Escalloped Oysters.

Alternate layers of bread crumbs and oysters, seasoning with salt, pepper, and butter. Pour in milk until it shows above the top layer, which should consist of buttered crumbs. Heat over a kettle of hot water, the pan of oysters forming a cover for the kettle. Cover the oysters. Let the water boil a moment. Set in the cooker an hour. Brown the top before serving.

Escalloped Potatoes.

Pare and slice. Place in a pan, seasoning with salt, pepper, and bits of butter. Cover with milk or cream. Heat through over fire. Set over a kettle of boiling water double boiler fashion. Boil a minute or two and place in a cooker three hours. Brown over the top just before serving.

Escalloped Sweet Potatoes.

Pare sweet potatoes cut lengthwise, boil five minutes, and put into cooker for two hours. Place in a serving dish, season with sugar, butter, and nutmeg. Add a cup of milk. Heat over a fire. Place in cooker an hour. Brown under a hot griddle just before serving. After the seasoning is added, this may be baked in an insulated oven one-half hour.

Escalloped Tomatoes.

Pare and slice tomatoes. Place in a granite pan, with butter, salt, pepper, and bread or

cracker crumbs, alternating the crumbs and tomatoes. Heat over the fire ten minutes and place over water in a cooker from one to two hours, according to the quantity.

Tomatoes—Fried.

Select large firm tomatoes. Pare and slice them. Fry each piece in fresh meat drippings mixed with butter and seasoned with salt and pepper. Lift each piece when simply browned into a stew-pan. When all are browned, stir a tablespoon of flour in the fat and a cupful of tomato juice with a tablespoon of vinegar. Boil two minutes. Pour over the tomatoes in the stew-pan. Place in a cooker an hour. Remaining longer will not injure them.

Cheese Soufflé.

Make a white sauce of two tablespoons of butter, one of flour, half a teaspoon of salt, a shake of pepper, a speck of soda, and half a cup of hot milk. Cook two minutes. Add a cup of grated cheese and the beaten yolks of three eggs, and stir until it is all smooth. Remove from the fire and cool. Cut in the whites, whipped stiff and dry. Bake in a well-buttered serving dish twenty or twenty-five minutes. Rush to the table.

Tomato Soufflé.

Two tablespoons of butter, one heaping tablespoon of flour, one-half a cup of tomato juice, three eggs, one-half teaspoon of salt, and a dash of red pepper. Melt the butter and while hot add the flour and stir smooth, then add tomato juice and seasoning. Cook two minutes, then add yolks of eggs well beaten and let this cool. Beat the

whites of eggs and add them. Butter a pudding dish and turn all into it. Put into cooker kettle over hot water, let it get hot or just boil, and place in cooker for one hour and a half. Serve hot. This may be baked if more convenient.



Choice Recipes

Eggs.

"There is a best way of doing everything, even to poaching an egg."—EMERSON.

Baked Eggs.

Slightly warm a shallow dish, butter generously, and then break the number of eggs desired. Season with salt and red pepper and add a little rich cream, about three or four tablespoonfuls to five or six eggs. Bake in cooker oven one-half hour.

Perfection Omelet.

Beat separately the whites and yolks of six eggs; mix six teaspoonfuls of corn starch and one tablespoon of baking powder. To a half pint of milk add the yolks of eggs and corn starch with a little salt. Lastly add the whites of eggs beaten stiff. Cook in a little butter in a baking dish one-half hour.

Steamed Eggs.

Break fresh eggs into individual dishes which have been well buttered. To each egg add a tablespoon of cream, salt, and a dash of pepper. Set in a pan of hot water. Cover. Place in cooker twenty minutes. They will be tender and delicate, and will cook for breakfast while the oatmeal or fruit is being eaten.

Swiss Eggs.

Use a porcelain lined dish, at the bottom of which put one-fourth of a pound of finely sliced cheese. Then mix together one tablespoon of flour and one tablespoon of butter; thin it with

one-half cup of cream. Add pepper and salt to taste, and a little mustard.

Pour half the quantity over the cheese, then break six eggs into the dish and pour over them the remainder of the mixture and bake in the oven half an hour. Serve hot.

Eggs for Tea.

Take a deep circular platter. Cover its surface with cold cooked and seasoned rice. Make hollows in this rice with the bowl of a spoon, and break one egg into each hollow. Season with salt, white pepper, and a teaspoon of thick cream on each egg. Fit the platter over a pan of boiling water. Cover. Set it in the cooker half an hour or until the rice is heated through and the eggs cooked to your liking. Garnish with parsley. Hash may be substituted for the rice.

Choice Recipes

Salads.

"I warrant there's vinegar and pepper in't."—SHAKESPEARE.

Bean and Pea Salad.

One cup each of cold cooked peas and beans, one cold diced potato, and three or four chopped radishes. Toss about in a salad dressing. Serve on lettuce leaves with diced radish as a garnish.

Beet Salad.

Boil in cooker and peel about five medium sized beets. Dice or chop. Cut up a medium sized bunch of celery. About three apples and English walnuts to taste. Just a suspicion of onion, say a teaspoonful, salt, and pepper. Cover with boiled mayonnaise and serve on lettuce leaves.

Chicken Salad.

Cook the chicken in the cooker the day before required for the salad. Take equal parts of chicken and celery. Cut them into very small pieces and keep in ice box until an hour before time to serve. Then mingle with a portion of the dressing, which should be cold, and return to the box until time to serve. Arrange the salad on crisp lettuce leaves and pour over it the remainder of the dressing. Blanched almonds cut into small pieces make a desirable addition.

Dressing.

Into a double boiler put two cups of sweet cream and when hot stir in four eggs well beaten with one teaspoonful of salt, one-half teaspoonful of mustard, two teaspoonfuls of sugar, one-fourth

saltspoonful of red pepper, and one teaspoonful of flour. When cold, beat in three-fourths cup of vinegar. If the vinegar is strong, reduce as much as seems necessary.

Cold Slaw.

Slice cabbage fine and put into a dish. To one small dishful, allow one-half teacup of hot vinegar; add mustard, pepper and salt. Beat one egg and pour the boiling vinegar over it. Add half a cup of thick cream and pour all over the cabbage.

Thomazine's Cheese Balls.

One and one-half cups grated cheese, two level spoons of flour, a pinch of cayenne pepper, one-fourth teaspoon of salt, and whites of three eggs, well beaten. Stir all ingredients together, shape into balls the size of a walnut; then roll in beaten yolks of eggs and in cracker crumbs. Fry in hot lard. This makes twenty-four balls. Use with various salads.

Cottage Cheese.

Set a crock of sour milk into a kettle of steaming water, being careful that the water is not so hot as to cook the milk unduly. Set all into the cooker five hours. It will be beautifully curled. Strain through cheese cloth. Season with salt, curry powder, and sage, and add cream. Use with salads. This is fine spread on bread for sandwiches.

Salad Dressing.

Four eggs, three-fourths cup each of strong vinegar and water, one-fourth cup of sugar, one

small teaspoonful of mustard, one teaspoonful salt, one-fourth of white pepper, and two table-spoonfuls of butter. Beat the ingredients thoroughly together and when hot stir in three teaspoonfuls of cornstarch wet with cold water. Cook until thick, beat, and place in small jars to cool. When ready to use thin with whipped cream.

This will keep several days and may be used with many salads. For a fruit salad add a large portion of the whipped cream and, if liked, a little more sugar. For cabbage add sour cream or whipped sweet cream, and celery or celery seed. For a potato salad add a few drops of onion juice with the cream and garnish with hard boiled eggs.

Ruth's Salad Dressing.

Three large tablespoons butter. Put in a pan and melt. Add enough flour to take up all the butter and put over fire. Add hot water, a little at a time until of proper consistency. Take from fire and while still hot add yolks of four eggs. Then add salt, sugar, mustard (very little), and vinegar to taste. Beat the whites of the eggs well and add last, whipping them in.

Ham Salad.

To one teacup of cottage cheese add salt, pepper, and half a teacup of sweet cream. Stir with it one teacup of finely chopped cold boiled ham from which all the fat has been removed. Serve on lettuce.

Hominy Salad.

One cup thoroughly cooked hominy. Stir in salad dressing until every corn is covered. Place on lettuce leaves with cubes from four oranges and a cup of sliced dates. On top put a few spoonfuls of foamy dressing.

Mock Whipped Cream.

One grated sour apple, juice of one lemon, one even cupful of sugar, white of one egg to be added last. Beat a long time with an egg beater, and it will produce beautiful whipped cream.

Nautilus Salad.

Two bunches of celery, four or five large apples, one large can of shredded pineapple, one pound of white malaga grapes, one dozen bananas, one large cup of white sugar, a little salt, one pint of nut meats, and one quart of heavy cream. Cut grapes in half and take out seeds. Cut the fruit and celery in small thin pieces. Use English walnuts, almonds, and hickory nuts, ground in nut mill or chopped fine. Whip the cream and if it does not whip readily, add the white of an egg. Serve on lettuce leaf. This will serve thirty people.

Potato Salad.

Six good sized Irish potatoes, four hard boiled eggs, two small onions, and a bunch of celery or some celery seed. Boil potatoes in cooker two hours, remove skins, and cut into cubes. Cut celery fine, also onions. Slice eggs and place in layers in dish. Add dressing cold.

Dressing: Lump of butter size of an egg, two tablespoons of sugar, one tablespoon of flour, teaspoon of salt, pinch of red pepper, teaspoon of

mustard, one-half cup of vinegar, one-half cup of water, and three eggs, beaten. Put butter, sugar, vinegar and water in double boiler; add other ingredients, beating until smooth, and stir into vinegar, stirring until cooked smooth. When cold add to the salad.

Winter Salad.

Slice six dozen cucumbers and sprinkle salt over them, and let stand three hours. Then slice thin one quart of onions. Mix onions and cucumbers and pour over them one cup of olive oil, one cup of white mustard seed, two tablespoons of celery seed, and two quarts of vinegar. All ingredients should be cold. Put in cans and seal. In the winter serve on lettuce leaves.

Winnebago Salad.

Boil eight medium sized potatoes in their jackets in the cooker two hours. Peel and cut into one-fourth inch cubes. Add two cups of cucumber cut into one-fourth inch cubes, one cup shredded almonds, two tablespoons red and green peppers, chopped fine, one small chopped onion, and one cup of dried tomatoes. Use Ruth's salad dressing.

Tomato Salad.

Select tomatoes of even size, remove the skins in boiling water. Cut off the stem end and scoop out the soft pulp. Sprinkle them inside with salt. Invert them on a plate to drain one hour in the refrigerator. To one cup of cold cooked chicken or veal add one-half cup of shaved celery, one spoon of minced parsley, and moisten with salad

dressing. Fill the tomato shells and chill on ice. Serve on lettuce leaves.

The following recipes are taken from a book entitled "Uncooked Foods," with the consent of the author, Eugene Christian, a food expert of No. 7 East 41st St., New York, N. Y.

Hygeia Salad Dressing.

Two eggs, one-half lemon, two tablespoonfuls olive oil, one cup whipped cream, sugar and salt. To the yolks of the eggs, beaten very stiff, add the oil and juice of the lemon very slowly, beating hard all the while, until it has all been added and is quite thick. Then add the beaten whites of eggs, salt and sugar to taste, and last, one cup of whipped cream. Whip all together until very stiff and set on ice until ready to serve.

Grape Fruit Salad.

Lettuce, salad dressing, and grape fruit. Remove the seeds or center of grape fruit with a sharp knife. Cut the edible portion into small bits and serve on lettuce leaf with salad dressing. This makes a very dainty salad.

Whipped Cream for Salad Dressing.

Place in a soup bowl one cup of very thick cream. Whip with Dover egg beater until very stiff. Add to this two teaspoonfuls of powdered sugar. Beat thoroughly again. This makes a very delicious dressing for all sweet fruit salads. If very heavy cream cannot be procured, add to it the stiffly beaten white of an egg.

Banana Salad.

Oranges, white grapes, pecans, bananas. Prepare a mixture of thinly sliced bananas, shredded

orange or grape fruit, seeded white grapes, and a few pecan meats in small pieces. In their season cherries may be added. Mix in a salad bowl with whipped cream. Serve on lettuce leaves.

Tomato and Cucumber Salad.

Tomatoes, cucumbers, onions, dressing. Slice tomatoes, cucumbers, and onions. Serve on lettuce leaf with dressing.

Strawberries and Whipped Cream.

Select nice, ripe, sweet berries; wash thoroughly, then cap and put first a layer of berries, then powdered sugar, until the dish is filled. Cover with whipped cream beaten together with the whites of two eggs and a spoonful of powdered sugar.

A Simple Dessert.

Eggs, sugar, cream, peaches, dates. Beat the whites of six eggs into a very stiff froth, then add gradually six tablespoonfuls powdered sugar, beating at least fifteen minutes. Then beat in one heaping tablespoonful of fresh peaches (mashed) and as many seedless raisins or dates cut fine. Serve with thick cream.

Currants.

Select large bunches of ripe currants, dip in frothed white of egg. Roll in powdered sugar and serve on the stem. This makes a beautiful table decoration.

Stuffed Tomatoes.

Tomatoes, parsley, onions, cucumbers, green peppers, lettuce, cabbage, flaked wheat. Remove the center from tomatoes, chop fine with a few

sprigs of parsley, one small onion, one cucumber, a little green pepper, cabbage or celery, and add enough flaked wheat to thicken or make stiff, and stuff the tomato shells. Serve on a lettuce leaf with salad dressing.

Orange and Apple Salad.

One apple, lettuce, salad dressing, two oranges, ground nuts. Cut in small pieces the orange and apple. Serve on a lettuce leaf with a dash of ground nuts and oil or salad dressing.

Pineapple Salad.

Pineapple, lettuce, strawberries. Cut pineapple in small pieces. Wash tender leaves of lettuce and spread pineapple on them, with very ripe strawberries over the pineapple. Serve with salad dressing.

Cheese Eggs.

Cream cheese, milk or cream, blanched almonds, lettuce, olives, radishes. Moisten slightly cream cheese with milk or cream. Mould cheese around blanched almond the size of a robin's egg. Arrange in nest of lettuce leaves and garnish with ripe olives and tuliped radishes.

Cress and Cabbage Salad.

Cabbage, water cress, radishes, Hygeia dressing. Line salad bowl with finely sliced cabbage. Cover this with water cress, and so on, until bowl is filled. Decorate with tuliped radishes, and cover with dressing.

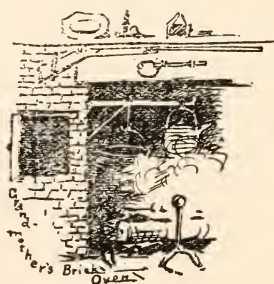
Nasturtium Salad.

Shred a head of lettuce, mingle with it a quantity of nasturtium leaves. Wash both thoroughly,

place in a salad bowl and dot with nasturtium flowers. Serve with dressing.

Vegetable Salad.

One small carrot, a small piece of green pepper, one white turnip, a little celery, a little cabbage, a few radishes, one small onion, lettuce, salad dressing. Grind or chop fine all vegetables. Serve on lettuce leaf with salad dressing.



Choice Recipes

Choice Recipes

Cereals.

"I sing the sweets I know, the charms I feel,
My morning incense and my evening meal.
The sweets of Hasty Pudding."

—BARLOW.

Breakfast Hominy.

One cupful of flaked breakfast hominy and one quart of boiling water. Salt to taste. Boil five minutes and place in the cooker three hours, or all night if it is wanted for breakfast, or all the afternoon if used for supper. It is delicious with cream or maple syrup.

Cornmeal Mush.

Into five cups of boiling salted water stir slowly about one and one-half cups of cornmeal. Cook five minutes over a fire and place in a fireless cooker over night or all the afternoon.

Cream of Wheat.

Take two and one-fourth cups of boiling water and one-half teaspoon of salt to one-half cup of cream of wheat. Cook the same as oatmeal.

Fried Cornmeal Mush.

Stir one pint of milk into one pint of cornmeal and a scant teaspoon of salt. Put one quart of hot water into a granite saucepan and place over a good fire. When it boils, stir in milk and cornmeal mixture, stirring all the time until the corn is scalded, so it will not settle to the bottom. Set in a cooker an hour or longer. When done turn into baking powder cans which have been wet with cold water. Cool, cut in slices a quarter of

an inch thick, roll in cornmeal, and fry in a hot spider in mixed fats.

Graham Mush.

Into a small kettle put four cups of boiling water and one teaspoon of salt. Sprinkle into it slowly one cup of graham flour, stirring constantly. When it has thickened, cover closely and place in a kettle of boiling water. Cook five minutes over the fire and six hours or over night in the cooker. The mush is excellent if poured into a mold while hot. When cold turn out and serve with cream and sugar or with fruit.

Indian Meal Gruel.

One quart of boiling water thickened by three tablespoonfuls of Indian meal, one teaspoon of salt, one tablespoon of sugar, and two grates of nutmeg. Boil three minutes and skim it. When boiling again set it in a cooker two hours.

Oatmeal Custard.

One pint of milk, one-half cup of brown sugar, butter the size of a walnut, and one egg beaten together and salted. One cup of uncooked oatmeal with half a grated nutmeg beaten into the other ingredients. Pour into a covered pudding mold. Steam over the fire ten minutes and two hours in the cooker.

Oatmeal Gruel.

To one-half cup of oatmeal add four cups of boiling water and one-half teaspoon of salt. Boil five minutes. Then place in the cooker for six hours or over night. Strain and serve with milk or cream.

Whole Grain Oatmeal.

One cup of oatmeal, two and one-half pints of cold water, one teaspoonful salt. Heat and enclose it in an outer vessel of boiling water. Boil it ten minutes. Set it in the cooker four or five hours or over night.

Quaker Oats.

Take two and one-half cups of boiling water and one teaspoon of salt. Stir into this one large cup of Quaker Oats. Cook in the same manner as oatmeal.

Pettijohn's Breakfast Food.

One cup of Pettijohn to two scant cups of boiling water or milk. Cook in a small kettle or jar placed in a larger kettle of boiling water. Stir just enough to keep the grains apart. Remove to the cooker after boiling five minutes. Leave in the cooker six hours or over night.

Choice Recipes

Bread.

"And I will fetch a morsel of bread and comfort ye your hearts."—Genesis xxviii, 5.

Alice's Brown Bread.

Two cups of sweet milk, two-thirds of a cup of New Orleans molasses, one-half cup each of white flour and corn meal, two cups of graham flour, and one teaspoonful each of salt, soda, and baking powder.

Beat the soda and salt into the milk and molasses, mingle the baking powder with the flour and stir with the corn meal and graham into the milk. Mix well together, place in three baking powder cans. Steam the bread half an hour on the stove and in the cooker six hours.

Best Boston Brown Bread.

One cup each of molasses, sour milk, sweet milk, corn meal, and raisins; about three cups of graham flour, one level teaspoonful of soda, one-half teaspoonful salt, and one rounded teaspoonful of baking powder. Beat together the molasses, sour milk, and soda; then add the sweet milk, corn meal, salt, and graham flour, in which should be mingled the baking powder. Mix the ingredients thoroughly, and lastly add the raisins dredged with flour.

Put the mixture into four well greased baking powder cans with good tops. Place on the rack of the large cooker kettle. Boil thirty minutes over the fire and place in the cooker for six hours or more.

Boston brown bread, plum puddings, and other dishes that are raised with baking powder or soda should be cooked over the fire about thirty minutes to insure their lightness. Then carefully remove to the cooker, to remain the length of time given.

Put the covered cans containing the bread or other foods on the rack in the large kettle. If they do not fit closely into the kettle, place some other article with them to brace and keep them in place.

Mrs. B.'s Brown Bread.

One pint of corn meal, one pint of flour, one pint of sour milk, one-half cup of New Orleans molasses, one egg, one and one-half level teaspoonfuls of soda and one teaspoonful each of salt and baking powder. Beat together the molasses, sour milk, soda, and salt, add the egg well beaten, the corn meal, and the flour with the baking powder sifted into it. Mix thoroughly and put into baking powder cans, filling them two-thirds full. Boil on the stove thirty minutes and in the cooker six hours.

Custard Corn Bread.

One cup flour and one cup white corn meal, one tablespoon sugar and two teaspoonfuls of baking powder. Mix well. Separate five eggs and beat the yolks until light and then add them to two cups of milk. Stir this into the dry ingredients and beat hard. Then add two tablespoonfuls of butter that is softened, but not melted. Mix and then add the whites of the eggs beaten to a froth, folding them in lightly but thoroughly. Pour into a mold or into several small molds. Steam over a

fire fifteen minutes and place in a cooker two hours. Serve hot.

Corn Bread.

Two cups of corn meal, two cups of white flour, one cup of graham flour, one-half cup of molasses, one-half cup of raisins and one level teaspoon of soda. One tablespoon of shortening melted, one tablespoon of sugar and a pinch of salt. Two cups of cold water.

Grease baking powder cans and fill half full and place in cooker kettle, filling in hot water more than half way to top of cans. Boil thirty-five minutes and place in cooker for five or six hours.

Dutch Oven Bread.

Two quarts of Indian meal scalded by placing in a pan and pouring over it just enough boiling water to merely wet it, but not enough to make it into a batter, stirring constantly with a spoon. One quart of graham flour, one-half cup of molasses, two teaspoons of salt, one of soda, one tea-cup of yeast. Make it as stiff as can be stirred with a spoon, mixing with warm water, and let rise all night or all of one day. Then put it into a large saucepan, smooth the top with the hand dipped in cold water. Let it stand a short time, and bake in an insulated oven. If put in the oven late in the day, let it



remain all night. In our great-grandmother's days, this was placed in a kettle, allowed to rise, then placed in a covered iron pan upon the hearth before the fire, with coals heaped upon the lid to bake all night.

Graham Nut Bread.

Two cups of graham flour, one cup of chopped English walnuts, one-half a cup of New Orleans molasses, one cup of sour milk, one-half a cup of raisins, scant teaspoon of soda and a small teaspoon of salt. Steam thirty-five minutes in greased baking powder cans and put in cooker five or six hours.

Miriam's Bread.

Scald one pint of milk, and take one rounded tablespoon of sugar and the same of salt, also one rounded tablespoon of lard and one of butter. Put these ingredients into a pan and pour the scalded milk over them. Add one pint of cold water. Take one cake of compressed yeast and dissolve it in one-half cup of lukewarm water. Let first mixture cool until it is lukewarm, then add the yeast; add flour, making a batter, and beat until perfectly smooth. Add more flour until it can be handled. Turn out on board and knead until smooth.

Let rise until double its size, make out into loaves, and when light, place in a hot oven for about five minutes and bake slowly for one hour.

Peanut Bread.

Take three pints of white flour, two teaspoons of salt and compressed yeast cake dissolved in a little luke warm water, one cup of peanut meats.

Stir with spoon to a soft dough, with a cup of warm milk. Set in cooker to rise and when very light mold in the peanuts, which should be ground. Let rise again and place in pans. Let stand a few moments and bake in a moderate oven. No sugar or shortening should go into this bread.

Whole Wheat Bread.

Two cups of sweet milk, one cup of boiling water, four tablespoons of sugar, two teaspoons of salt. Add whole wheat flour enough to make a soft sponge at night, adding one cake of yeast foam. In the morning add more flour and make as stiff as you can stir with a spoon. Pour into two greased bread pans, let rise to top of pan. Bake two hours in cooker oven.

Baking Powder Biscuit.

To one quart of flour take one teaspoon of salt, one tablespoon of butter and one of lard. Add to the flour five teaspoons of baking powder. Mix all together and mix with three-quarters of a pint of sweet milk. Roll out and cut with small round cutter. This will make twenty-four biscuits.

Corn Cakes.

One-half cup of butter, one-half cup of sugar, two cups of flour, two cups of corn meal, three eggs, two teaspoons of baking powder and one-half pint of milk. Mix and bake like cake.

Corn Muffins.

One large cup of corn meal, one large cup of flour, one-half cup of sugar, one cup of sweet milk, one tablespoon of butter, two teaspoons of baking powder and two eggs. Beat whites and yolks

separately. Mix as cake and bake in muffin pans between hot slabs.

Graham Muffins.

One cup of graham flour, one cup of white flour, one-fourth cup of sugar, one cup of sweet milk, one tablespoon of melted butter and two and one-half teaspoons of baking powder. Mix and sift dry ingredients, add the milk gradually, then the egg well beaten and the melted butter. Bake in hot oven in greased gem pans twenty-five minutes.

Muffins.

One-half cup of butter, one-half cup of sugar, two eggs, two cups of flour, one cup of milk, two teaspoons of baking powder and a pinch of salt. Cream butter and sugar very light, add yolks of eggs unbeaten, stir well, then add milk and flour alternately, first having sifted the baking powder into the flour. Beat whites of eggs lightly and add last thing. Bake ten or fifteen minutes.

Potato Rolls.

One cup of mashed potatoes, three-quarters of a cup of granulated sugar, one-half cup of luke warm water, one-half a nutmeg and one cake of compressed yeast. Take enough of flour to make a thin batter. Set at nine o'clock in the morning in the cooker and at twelve o'clock beat into it two eggs, one cup of melted butter and flour enough to make a soft dough, about as thick as biscuit dough. Set in cooker. At three o'clock P. M. make out into rolls and when light bake in a moderate oven, twenty-five minutes.

Pocket-Book Corn Rolls.

One and one-fourth cups of flour, three-quarters of a cup of yellow corn meal, four teaspoons

of baking powder, one-half teaspoon of salt, one tablespoon of sugar, two tablespoons of butter, one egg and three-fourths of a cup of milk. All measurements are to be level. Mix and sift dry ingredients in a bowl. Chop butter in with knife. Beat egg, and mix in, then add one-half the milk and all the dry ingredients to make a soft dough that can be handled. Add more milk if necessary, turn on a floured board, roll out one-half inch thick. Cut with round cutter, put butter size of pea in each round, fold in center. Rub top with milk and bake in hot oven twelve or fifteen minutes.

Parker House Rolls.

One quart skimmed milk, one egg, butter the size of an egg, one-half cake of yeast, flour sufficient to make a smooth dough. Raise five hours. Mold and let rise. Slightly heat the pan of rolls, while the asbestos slabs are over the fire. Make the slabs very hot. Place them above and below the rolls, with a wire toasting frame between the bake pan and the hot stone. Above, rest a toasting frame on the bake pan and put the hot stone on that.

Tea Biscuit.

One-half scant cup of butter, two eggs, one-half cup of sugar, one cup of sweet milk, two teaspoons of baking powder sifted in two and one-half cups of flour. Separate the eggs, beat yolks and sugar together, add milk and flour alternately, a pinch of salt and lastly the beaten whites of eggs. Bake in gem pans.

Choice Recipes

Pies.

"Thy life be as sweet as its last sunset sky
Golden-tinted and fair as thine own Pumpkin pie!"

—WHITTIER.

Pie Crust.

One scant cup of flour, one-fourth teaspoon of salt, two level tablespoons each of cold butter and lard. Cut butter and lard into the flour with a silver knife until the size of a pea or bean. Then wet half the mixture with ice water. Turn on board. Take a knife and fold the wet and dry ingredients together. Fold, divide into two parts, and roll out three times. Do not touch with the hands. Have everything ice cold. This makes one pie.

Apple Meringue Pie.

Stew in a small quantity of water enough apples to make two large cupfuls when cooked. It should be quite thick when done. Rub through a strainer. Beat the yolks of two eggs until light and add them to the cooked apple with one cup of sugar and a small teaspoonful of cinnamon. Beat thoroughly. Line a pie pan with a good crust, pour in the mixture, and bake in the cooker oven until the crust is nicely browned.

Beat the whites of the eggs to a stiff froth with two tablespoonfuls of sugar, and spread over the pie when baked. Return to the oven to brown lightly, or brown with a hot soapstone.

Chocolate Pie.

One pint of milk, add cocoa to taste, making it strong. Two eggs, one tablespoon of flour, one-

half cup of sugar, and teaspoon of vanilla. Boil milk and cocoa together, beat yolks of eggs, sugar and flour, and add to boiling cocoa. Stir until thick. Make a crust and bake, and pour the above custard into it when cold. Add a meringue of the whites of eggs. Brown.

Cottage Cheese Pie.

Use two cups of cottage cheese, one cup of sweet cream, five tablespoons of sugar, and five eggs. Beat the cream into the cheese, beat the sugar and yolks of eggs together, and add to the cheese and cream. Last of all add the whites of eggs beaten to a stiff froth. Line two pie plates with thin pastry. Pour the ingredients in and bake in a moderate oven for one-half hour.

Cream Pie.

One cup of sour cream, one-half cup of seeded raisins chopped fine, one cup of sugar, the yolks of three eggs, and one white of egg. One-half teaspoon of cinnamon, one-fourth teaspoon of cloves. Bake with one crust. Use the remaining whites of eggs for a meringue, adding two tablespoons of sugar. Brown. Sweet cream can be used if desired.

Custard Pie.

Three eggs, one pint of milk, one-half cup of sugar, one teaspoon of corn starch, butter size of hickory nut, and pinch of salt. Flavor with nutmeg. Beat yolks of eggs with sugar, mix all together, and bake with one crust. Beat the whites and add a little sugar, spread over pie, and brown.

Dutch Apple Pie.

One pint flour, two teaspoons baking powder, one teaspoon salt, two tablespoons sugar, one-fourth cup butter, one scant cup milk, two eggs, four tart apples. Mix dry ingredients together. Rub in the butter. Beat eggs light and add them to milk. Stir eggs and milk into the dry ingredients. Spread the dough about one-half inch thick in a flat pan. Core, pare, and cut the apples into eighths. Lay them on top of the batter thin edge down. Sprinkle with sugar and cinnamon. Bake about thirty minutes. Serve with cream. Good hot or cold.

Lemon Pie.

One large lemon, one cup of sugar, two eggs, one tablespoon of corn starch. Grate the yellow rind from the lemon and squeeze all the juice out. Mix the corn starch with a little cold water and pour half a pint of boiling water over it. Mix well and bake with one crust. Use the whites of the two eggs for the meringue.

Mince Meat.

One and one-half pounds of lean beef, weighed after cooking, six pounds of apples, pared and cored, one pound of suet, three pounds of raisins, two of currants, and one of citron. One and one-half tablespoonfuls each of cinnamon, cloves, allspice, and grated nutmeg, three quarts of sugar, one tablespoonful of salt, and one-eighth teaspoonful of pepper. Put the meat, apples, and suet through the meat chopper and with the other ingredients place in a large jar; mix them thoroughly. For moisture add one pint of vinegar

and as much sweet cider or water as will make of the right consistency, or you may use part boiled cider or any rich fruit juices you may have. If there is too much of the mixture for a large cooker kettle, put it into two kettles or reserve a portion to be cooked the next day. Heat slowly and stir frequently until it boils. When it is boiling hot all through, remove to the cooking box for twelve hours. Then pour into jars and cover closely. When ready to use heat the required quantity and add more moisture if necessary. This will keep good for many weeks.

Two Pineapple Pies.

Bake two under crusts. One large can of grated pineapple. Place in a double boiler with one-half cup of water. One cup of white sugar and two tablespoons of flour mixed. Add this to the pineapple and cook until thickened. Spread this filling over the crusts. Cover with a meringue made with the beaten whites of four eggs and half a cup of sugar. Brown.

F. E. W.

Pumpkin Pie.

Pumpkin for pies should be cooked with as little water as possible so that all the sweetness and flavor may be retained. To do this pare and cut the pumpkin into small pieces and remove the seeds and coarse pulp. Put it without water into an inner vessel and immerse in the large kettle of boiling water. When the pumpkin is thoroughly heated, consign it to the cooker for four hours or more. Then mash the pumpkin and place the kettle containing it over the fire and boil until quite dry, stirring it frequently. When sufficiently

cooked, strain. To two cups of pumpkin add four cups of milk, three eggs, one and one-fourth cups of sugar, one rounded teaspoon each of cinnamon and ginger, and a pinch of salt. Add the sugar and spices to the pumpkin, then the milk and eggs well beaten, and mix thoroughly. Line two pie pans with a good crust, wet the edges, and place around them a strip of the crust, making a deep shape. Pour in the mixture and bake until the crust and the top of the pies are well browned.

Strawberry Short Cake.

Take two scant cups of flour, two heaping tablespoons of baking powder, pinch of salt, and one tablespoon of sugar. Rub in three rounding tablespoons of butter. Beat up one egg in a cup and add enough milk to make a thick batter. Stir all together and bake in a well buttered pan, dropping it in the pan with the spoon. When baked, split and butter and put strawberries between and on top, having first picked and sugared the berries. This makes a good pudding by stirring in berries. Eat with cream.

F. E. W.

Choice Recipes

Puddings.

"We'll crown the plum pudding with bunches of bay,
And roast all the chestnuts that come in our way."

Apple Pudding.

Separate and beat two salted eggs. Add two large tablespoons of sugar to the yolks, and mix with one-half pint of milk and one teaspoon of melted butter. Sift in one cup of flour and one heaping teaspoon of baking powder. Add the beaten whites and a small spoon of cinnamon. Add more flour, if necessary, to make a smooth batter. Pour in one pint of chopped apples, mix, and turn into a buttered mold. Cover. Place in hot water in a cooker kettle. Boil thirty minutes and place in the cooker two hours. Serve hot with cream.

Apple and Brown Bread Pudding.

Two cups of chopped apple and two cups of brown bread crumbs, either Boston brown bread or graham. Mix with the crumbs one-half cup of finely chopped suet. Add the apples, one-half a cup of sugar, and one-half cup of flour in which are mingled one cup of prepared raisins. Beat two eggs light and add a cup of milk and one-third teaspoonful of salt. Stir this into the other ingredients. Pour into a covered pudding dish. Place in the large cooker kettle on a steamer rack and pour boiling water into the kettle until it reaches within two inches of the top of the dish. Steam over the fire thirty minutes and in the cooker four hours. Serve with hard sauce.

Cold Apple Pudding.

One cup of hominy soaked all night. Use cold water to keep the kernels separate. In the morning heat, adding sugar to taste. Place in cooker three hours. Take out of cooker. Add three apples, pared and quartered, and sugar as desired. Reheat and boil three minutes. Place in the cooker two hours. To be eaten cold.

Jellied Apple Tapioca.

One cup of tapioca soaked over night in six cups of water. Next morning add about six tart apples, or more if the apples are small, chopped fine. Add one and one-half cups of sugar. Bake slowly in insulated oven four hours or more. To be eaten either warm or cold with cream.

Bread Pudding.

Four tablespoons of grated bread crumbs, soaked in part of one pint of milk thirty minutes. Into this put the yolks of two eggs, beaten light, into which has been mixed two heaping tablespoons of sugar. Stir the rest of the milk into this and add a piece of butter the size of a walnut and part of the grated rind of a lemon. Mix and turn into a buttered pudding dish. Place in cooker kettle over hot water and cook ten minutes, then place in cooker for three hours. When about time to serve beat the whites of eggs and some sugar for a meringue and brown, using lemon juice to flavor it.

"Brown Betty."

One cup and a half of fine bread crumbs; two cups of tart apples, peeled, cored, and minced;

half teaspoonful each of cinnamon and mace; three eggs salted and well beaten. Beat all together. Turn into a buttered mold. Steam over the fire ten minutes and in a cooker three hours. Serve with liquid sauce or whipped cream.

Cake Pudding.

Crumble enough stale white cake to make two generous cupfuls. Add this to two cupfuls of milk, one-half a cupful of sugar, a pinch of salt, and two eggs well beaten. Season with grated nutmeg. Put the mixture into a small jar or can and place on a rack in cooking kettle and surround with boiling water. Boil it a few minutes and then remove to the cooking box for two hours. Serve with whipped cream.

Chocolate Pudding.

Cream two tablespoons of butter with one-half cup of sugar, add one beaten egg, one-half cup of milk, one cup of flour sifted with one teaspoon of baking powder, and a pinch of salt. Add one tablespoon of cocoa and one square of melted chocolate. Steam over a fire twenty minutes, and in a cooker two hours. Serve with lemon sauce.

Chocolate Pudding.

One cup bread crumbs, one cup sugar, one pint of milk, yolks of two eggs, one-half cup of grated chocolate, butter the size of a walnut, and one teaspoon vanilla. Bake half an hour. Beat the whites of two eggs with one-quarter cup of sugar. Place over the top of the pudding and brown.

Soft Pudding Sauce.

Boil together a cupful of water and a cupful and a quarter of granulated sugar for five min-

utes. Then pour in a fine stream over the white of an egg which has been whipped foamy but not dry. Set the dish in cold water and beat the sauce briskly until cold, then fold in a cupful of thoroughly whipped cream.

Corn Meal Pudding.

Beat three eggs, add two tablespoons brown sugar and one-half cup thick cream. Sift together one cup yellow corn meal, one large tablespoon of baking powder, and a bit of salt. Add these to the moist ingredients. Beat in half a cup of chopped citron. Steam fifteen minutes over a fire and three hours in the cooker. Sauce: One-third cup butter, two-thirds cup sugar, creamed together. Grate the rind of one lemon. Moisten a teaspoon of cornstarch with the juice of the lemon. Mix and add one cup of boiling water. Boil and stir two or three minutes.

Cinnamon Pudding.

One-third cup butter, one-half cup brown sugar, creamed. Add one-half cup molasses and a beaten egg; one teaspoon soda in a half a cup of warm water; one tablespoon level full of cinnamon sifted into two cups of flour. Beat hard and pour into a mold. Steam fifteen minutes over a fire and set in a cooker three hours.

Sour Sauce.

One tablespoon butter, three of sugar, two of flour, and a half teaspoon of cinnamon. Mix well and moisten with two tablespoons of vinegar. Heat and while stirring add one cupful of boiling water.

Cocoanut Sunshine.

Two tablespoons of sugar creamed with two tablespoons of butter, two tablespoons of bread crumbs, half cup of milk, two tablespoons of flour with salt and one-half teaspoon of baking powder in it, half a cup of grated cocoanut, and the well beaten yolks of three eggs. Steam on the stove fifteen minutes and set in the cooker one hour. Serve with the following sauce: Heat one cup of milk sweetened with two tablespoons of sugar. When ready to boil, pour it over the beaten whites of three eggs. Cook five minutes.

Cottage Pudding.

Two tablespoons of butter, one-half cup of sugar, two eggs, one cup of milk, and two teaspoons baking powder sifted in two and one-half cups of flour. Mix butter and sugar, add eggs, then milk and flour. Bake in cooker oven. Sauce: Butter size of an egg, one and one-half cups of sugar, yolk of one egg, then add one cup of boiling water. Beat the white of an egg and stir in while hot. Flavor by grating the rind and taking the juice of one lemon.

Currant Cups.

A scant half cup of butter creamed with two tablespoons of sugar, one cup fine bread crumbs, one tablespoon of flour stirred into one-half cup of currants, a little grated lemon and nutmeg. Add three eggs salted and well beaten. Steam in individual cups buttered and floured. Fifteen minutes on the stove and half an hour in the cooker. Sauce: For a sauce make balls of one-third cup

of butter and one cup of pulverized sugar, flavored with vanilla and lemon extract. Coat the balls with desiccated cocoanut.

Date Pudding.

One cup dates cut into small pieces, one cup finely crumbed Johnny-cake, two tablespoons melted butter, two eggs, one cup milk, half cup sugar, salt, and vanilla. Soak the crumbs in the milk ten minutes and add the salt, sugar, and seasoning, lastly the eggs beaten hard. Dredge the dates in a heaping tablespoon of flour and stir them in. Turn into a well-greased mold. Steam on the stove ten minutes and in a cooker two hours.

Western Date Pudding.

One pound of dates cut fine, one cup of English walnut meats chopped fine, two eggs, two tablespoons of flour, one teaspoon of baking powder and one-half cup of sugar. Beat the eggs separately and add the whites last. Stir all ingredients together and place in a mold on the wire rack in the cooker kettle. Let the boiling water come to the top of the wire rack. Boil ten minutes and place in cooker for one hour. Slice when cold and serve with whipped cream.

Estelle Pudding.

Cream together one tablespoonful of butter and two of sugar. Add two well beaten eggs, one-half cup of milk, and a pinch of salt. Sift into this two cups of flour, scant measure, with one rounded teaspoonful of baking powder. Beat thoroughly and stir in one-half cup of chopped raisins.

Pour the mixture into an uncovered pudding dish. Place the dish in the steamer rack in the boiler and cover the boiler closely. Steam over the fire twenty minutes and in the cooker one hour and a quarter. Care should be taken to move the boiler from the stove to the cooker very gently.

Sauce.

One-third cup of butter and three-fourths cup of sugar creamed together. Add one egg well beaten. Beat all together until creamy. Just before sending to the table add one large cup of boiling water thickened with one teaspoonful of cornstarch. The water should be fully boiling and added gradually, beating until foamy. Flavor with vanilla.

Fig Pudding.

One pint of bread crumbs soaked in one pint of cold milk, one-half cup of suet, and a pinch of soda, three eggs, eight small figs chopped fine and dried in a warm place. Pour into a mold and set above boiling water. Boil ten minutes and place in a cooker three hours. Serve with hard sauce.

Gingerbread Pudding.

One cup of sugar, one cup of sweet milk, one cup of molasses, one cup of butter, and four and one-half cups of flour. Spices, ginger, cloves, cinnamon to taste. Sift in the flour with three teaspoons of baking powder. Steam five hours in the cooker. Serve hot with foamy sauce.

Hot Foamy Sauce.

One-fourth cup of butter, one cup of powdered sugar, one gill of boiling water, one teaspoon of

vanilla, and whites of two eggs. Cream the butter and add the sugar gradually, beating until white. Add the white of one egg unbeaten. Beat again. Then add the remaining white of egg and beat until very light and white. Add the water and boil over the fire until mixed. Flavor with vanilla and use quickly.

Georgie's Ginger Pudding.

Cream one-fourth cup of butter with one-half cup of sugar; whisk in one egg well beaten. Add two and one-fourth cups of sifted flour, two teaspoons of baking powder, one cup of milk, pinch of salt, and one cup of preserved ginger well drained and chopped. Put in mold and place in cooker kettle in hot water and boil for thirty minutes; then place in cooker for three hours. Sauce: Whip one-fourth cup of butter to a cream. Add two cups of pulverized sugar and one-half cup of cream, a little of each alternately. Beat until light. Flavor with essence of ginger or chocolate.

Graham Pudding.

One and one-half cups graham flour, scant one-half cup of molasses, one-fourth cup of butter, one-half cup of sweet milk, one egg, an even teaspoon of soda, one cup of seedless raisins, one-half cup of currants, pinch of salt and spice if desired. Put in baking powder cans, place in hot water in cooker vessel and boil one-half hour. Place in cooker for five hours. Serve hot with sauce. Sauce: One cup brown sugar, one tablespoon of flour, and butter size of an egg. Rub butter and flour together, add sugar and pour on boil-

ing water enough to make one pint of sauce, stirring until it becomes clear. Flavor and serve with pudding.

Indian Pudding.

One pint milk, two eggs, one and a half cups of Indian meal, two small tablespoons butter or other clear fat, two tablespoons molasses, half teaspoon each of cinnamon and ground ginger, salt, and a pinch of soda. Heat the milk boiling hot, add the soda, and pour upon the meal. Stir well and add the butter and the salt. Let this cool. When cold add the eggs well beaten, the molasses, and the spices, and beat all hard. Turn into a well greased mold and steam over the fire fifteen minutes and in a cooker four hours. Eat with whipped cream or a sour sauce.

Baked Indian Pudding.

Into one pint of boiling milk stir two heaping tablespoonfuls of corn meal and one of flour wet with cold milk. Cook until it thickens, then remove from the fire. When cold add one egg well beaten, one-half cup of sugar, one large tablespoonful of molasses, one teaspoonful of cinnamon, a small piece of butter, one-half cup of raisins, and a little salt. Mix and put into a baking dish. Bake in oven until thoroughly heated, then stir well and add two-thirds of a cup of cold milk. When hot stir again and leave in oven long enough to brown well on top. Put on cover and when that is hot, remove to the steamer cooker for three hours or more. To be served with whipped cream.

This is a favorite New England pudding and re-

quires from two to three hours baking. It can be well prepared in the oven in from twenty to thirty minutes and then removed to the steamer for about three hours, thus avoiding a sticky dish, the danger of burning, and the consequent waste.

Baked Indian Pudding.

Put four cups of milk over a fire. While it is heating mix three tablespoons of molasses with one teacupful of corn meal. Rub together until perfectly blended, and scald with the heated milk. Add one cup of cream. Bake four or five hours in an insulated oven. Eat with cream.

Peach Pudding.

Soak one cup of dry bread crumbs in one pint of boiling milk. One tablespoon of melted butter. One-half cup of sugar. Five eggs well beaten, or three will do. One cup of canned peaches pressed to a pulp. Steam ten minutes over a fire and two hours in a cooker. Make a sauce of the peach juice.

Penrith Pudding.

Take a pudding dish and put in a layer of thin buttered bread, add a thick layer of sliced apples, some sugar, and nutmeg. Also add a layer of moistened raisins, currants, and citron. Repeat until dish is full, having buttered bread on top. Place pudding dish on a wire rack over hot water in cooker kettle, boil for fifteen minutes, then place in cooker for three hours. Serve with cream or lemon sauce.

Pineapple Tapioca Pudding.

One cup of tapioca, three cups of cold water. Soak several hours. Cook until clear, and then

one hour in cooker. Add a large can of grated pineapple, reserving one cup. After heating thoroughly turn into a greased ring pudding mold. Bake slowly for a half hour in cooker oven. Let cool and turn on to a plate. Fill the cavity with reserved cup of pine apple.

English Plum Pudding.

Mix together one and one-half cups of dry bread crumbs, one-half cup of brown sugar, one-half cup of suet chopped fine and rubbed with flour, one-half teaspoonful of salt, and one teaspoonful each of nutmeg, cinnamon, cloves and allspice. Into one-fourth cup of molasses, beat one-half teaspoonful of soda. Add one and one-half cups of sweet milk and three well beaten eggs. Pour over the dry ingredients and mix thoroughly together; then add two and one-half cups of flour in which a heaping teaspoonful of baking powder has been sifted. Beat, and lastly, add one and one-half cups of raisins and one cup of well washed and dried currants.

Put the pudding into a small jar or bucket, cover closely, and place it on the rack in the large cooker kettle. If the jar or bucket is not deep enough to come nearly to the top of the kettle, put under it some article that will raise it to that height. Have the kettle filled with boiling water to within two inches of the top of the jar. Boil over the fire thirty minutes and in the cooker twelve hours. During that time it may be reheated and placed again in the cooker.

Puddings of this kind may be cooked in four or five hours, but are greatly improved in flavor and

texture by spending a long time in the cooker, reheated as seems necessary.

Plum Pudding Sauce.

Cream together one cup of sugar and one-half a cup of butter. Add one well beaten egg and two tablespoonfuls of hot water. Beat thoroughly. Put it into an earthen bowl and set it over the tea-kettle. Beat occasionally while it is heating. The sauce may become very hot but should not boil as that would cook the egg and destroy the creamy consistency of the sauce.

A Suggestion for Serving a Christmas Plum Pudding.

One cup dark brown sugar, one of white sugar, mixed; cover with water and boil until it hardens when trying it in cold water. Then add two tablespoons of sweet cream and one heaping teaspoonful of butter. Beat thoroughly until it is cold enough to spread. Flavor with vanilla. Brush over the pudding until it is thickly coated and smooth in appearance. Place on a silver platter with its wreath of holly and mistletoe. Surround the wreath with little glass dishes on which are snowballs made of vanilla ice cream, one for each guest. Roll the balls in desiccated cocoanut and then sprinkle with ground rock-candy. This gives a glittering effect as of sparkling snow.

Steamed Blue Plum Pudding.

Drain part of a can of home prepared blue plums, cut them into halves, and remove the stones. There should be about twelve. Make a batter of two cups of flour, two teaspoonfuls of

baking powder, one-fourth teaspoonful of salt, one egg, and three-fourths of a cup of sweet milk. Sift the baking powder, flour, and salt together; add the milk and the egg well beaten. Beat the batter thoroughly.

Put the batter and the halved plums in alternate layers into a deep pudding dish, that will hold about three pints, the batter on top. Steam twenty minutes in cooker steamer on the stove. Then remove very carefully to the cooking box for one and one-half hours. Serve with the following sauce.

Sauce.

Cream together one cup of sugar, one-third of a cup of butter, and two teaspoonfuls of corn starch. Take one cup of plum juice and one cup of hot water. Boil in this the plum pits, then strain boiling hot over the butter and sugar. Beat well and place over the fire for a little while, until it boils clear.

Prune Pudding.

Take one pound of prunes, cook until soft, then press through a colander. Beat in one cup of sugar and beat the whites of three eggs stiff and gently stir them in. Butter a mold and turn the pudding in gently, allowing room for it to rise. Place the mold in a cooker kettle with boiling water around it and boil for five minutes. Then place in cooker for two hours. Take out and cool and serve with cream.

Prunes With Hominy.

Soak one cup of hominy over night, also eight or ten prunes. Remove the stones from the

prunes, crack them, and blanch the kernels and chop them. Put the prunes and kernels in water. Put the hominy in another can, covering it with water. Stand both cans well covered in a kettle of water. Boil all two minutes. Place in the cooker six hours. Take out. Cool. Pour off all juice. Put a toasted marshmallow in each prune and heap them in the center of a dessert dish. Encircle them with the corn garnished with the prune kernels. Eat with whipped cream and sponge cake.

Rice Pudding.

Three cups of cooked rice, one and one-half cups of milk, one-half cup of raisins, three-fourths cup of sugar, one tablespoonful of butter, and two eggs, reserving one white for the sauce. Season with nutmeg. Place in a pudding dish. Heat to boiling over a fire and put into the cooker over a kettle of boiling water to remain two hours or more. Brown before serving.

Sauce.

Cream one cup of pulverized sugar with one-third cup of butter. Whip the white of egg light, and beat all together until creamy. Put it into a small dish for serving and leave it in the cold box until required for the table.

Topeka Rice Pudding.

One quart of milk, three small tablespoonfuls of rice, two tablespoonfuls of sugar, one cup of raisins, and a little nutmeg. Cook on top of stove, putting pudding dish on an asbestos pad to keep the milk from scorching and stirring frequently

for ten minutes. Then place over hot water in the cooker kettle and boil hard for five minutes. Place in cooker for three hours.

Suet Pudding.

One cup each of molasses, sweet milk, and raisins. Three-fourths of a cup of suet chopped fine, one egg, three and one-half cups of flour, one teaspoonful each of cinnamon and cloves, and one-half teaspoonful of salt. To the molasses add the soda, spices, and salt, and beat. Then add the suet rubbed with flour, the egg well beaten, and the milk. Beat in the flour in which one teaspoonful of baking powder should be sifted, and lastly, the raisins dredged with flour. Place in a jar or can and steam according to directions given for English plum pudding. Serve with plum pudding sauce.

Mrs. Moulton's Steamed Pudding.

One-half cup each of butter, sugar and sweet milk, one cup of molasses, one large cup of seeded raisins, one rounded teaspoonful of baking powder, one-fourth teaspoonful of salt, one teaspoonful each of cinnamon, cloves and allspice, and about four cups of flour, or enough to make a stiff batter. Beat the butter and sugar together, add the molasses and milk, in which dissolve the soda, then the egg well beaten, and the spices and salt. Reserve a portion of the flour with which to dredge the raisins. Sift the baking powder with the remainder of the flour and add to the other ingredients. Beat thoroughly and stir in the raisins.

Put the mixture into baking powder cans, fill-

ing them about two-thirds full. Place the cans on a rack in the cooker kettle or boiler. Boil on the stove thirty minutes and remove to the cooker for five or six hours.

Portia's Pudding Sauce.

Boil together a cupful of water and a cupful and a quarter of granulated sugar for five minutes, then pour in a fine stream over the white of an egg which has been whipped foamy but not dry. Set the dish in cold water and beat the sauce briskly until cold. Then fold in a cupful of thoroughly whipped cream. Season to taste.

W. K. Pudding.

Two level tablespoonfuls of butter, one-half cup each of molasses and sweet milk, one cup of raisins and currants mixed, one-half teaspoonful each of cinnamon, cloves, nutmeg, and soda, two cups of flour or enough to make a very stiff batter, and one-fourth teaspoonful of salt. Beat the soda into the molasses and add butter, milk, salt, and spices. Sift the flour with one teaspoonful of baking powder and add it to the other ingredients. Beat thoroughly; then stir in the raisins dredged with flour. Cook in baking powder cans placed in kettle of hot water thirty minutes over the fire and eight hours or more in the cooker. Serve with whipped cream or with a sauce if preferred.

This is good used as a cake if sliced when cold and each slice spread lightly with white icing.

Choice Recipes

Choice Recipes

Cold Desserts.

"I always thought cold victual nice;
My choice would be vanilla ice."

—HOLMES.

Charlotte Russe.

Take one pint of cream, four tablespoons of white sugar and two teaspoons of vanilla. Set on ice until cold, then take one-half ounce of gelatine, cover it with water, and let it come to a boil. Whip the cream well and add the gelatine slowly. Pour in molds lined with sponge cake. Serve cold.

Chocolate Bavarian Cream.

One pint of milk, one-half box of gelatine, two ounces of chocolate, one pint of cream, one-half cup of sugar, one teaspoon of vanilla and one-half cup of water. Cover the gelatine with hot water and let soak one-half hour. Whip the cream, grate the chocolate, boil the milk. Add the chocolate and gelatine and stir until dissolved. Take from the fire, add sugar and vanilla, then turn into a dish to cool. Stir continually until it begins to thicken, then add the whipped cream. Stir carefully until thoroughly mixed, then turn into a mold to harden. Serve with whipped cream around the base.

East Indian Ginger Cream.

Mince three ounces of preserved ginger very fine and add three tablespoons of the syrup. Add a pint of cream and the well beaten yolks of four eggs. Cook slowly in a double boiler, stirring until it thickens. Take from the fire and whip with a wire egg beater until nearly cold. Add

two tablespoons of pulverized sugar and a half ounce of gelatine that has been soaked in cold water to cover and then thoroughly dissolved in as little hot water as will melt it. Strain this as added. Beat well and chill. Place in a cold box.

Fairy Cream.

One quart of whipped cream, three teaspoons of sugar, one-half pound of blanched almonds chopped fine. One-half pound of candied cherries, one-half pound marshmallows, and one-half teaspoon of extract of bitter almond. Whip the cream solid; add the sugar, flavoring, almonds, and half the cherries. This may be prepared several hours before using if desired and fifteen minutes before serving add the marshmallows cut in halves. Mix all together. Serve in sherbet cups, decorating with remaining cherries.

Queen Mab's Cream.

One-half box of gelatine, one pint of cream, one pint of milk, four eggs, two-thirds cup of sugar and one teaspoon of vanilla. Melt the gelatine by adding a little hot water; heat the milk, beat yolks of eggs and sugar together, and pour the hot milk over them. Add the gelatine to this. When cooled a little add the beaten whites of eggs and cream. Pour all into a mold and chill. Stand in a cold box until needed.

Russian Cream.

Dissolve one-half box of gelatine for fifteen minutes in one cup of cold water to cover it. Take one quart of milk, one cup of sugar, and two eggs. Beat sugar and yolks of eggs together and

have milk scalding and pour over them. Add gelatine while warm. Flavor with orange. Beat whites of eggs and when mixture is cold, stir them in. Serve cold.

Fruit Frappé.

One pint of crushed fruit, one pint of sugar, three eggs. Put sugar on to boil, adding a little water to moisten it. Pour this syrup on the yolks of eggs, beating all the while. Add this to the pint of fruit. After this is cool, add the well beaten whites of eggs. Chill on ice for cold box.

Biscuit Glacé.

One and one-half cups of cream, four ounces of macaroons, six ounces of white sugar, the yellow rind of one orange and the juice of two. Whip the cream a little, then add the sugar, orange and macaroons. Grate the macaroons, which must be stale or you can do nothing with them. Put all through a sieve and chill. Let stand on ice in cold box.

Marsh Mallow.

Dissolve one-half box of Knox's gelatine in a scant pint of warm water. Let stand until cool. Beat the whites of three eggs very light; add one cup of granulated sugar and one teaspoon of vanilla; beat light, then add the cold gelatine and beat twenty minutes or until quite stiff. Put one-half of this in a square pan, add to the other half a pink coloring tablet dissolved in water. Spread over first half chopped nut meats then place on this the pink layer. Chill. Let stand over night in a cold box.

Chocolate Mousse.

Whip one quart of cream and drain it through a sieve. Whip all that drains through. Melt one ounce of chocolate with three tablespoons of sugar and one of boiling water and stir until it is smooth. Add three tablespoons of cream. Sprinkle a cupful of powdered sugar over the whipped cream and stir gently until well mixed. Turn into a cold covered mold. Pack the mold in chopped ice. Set it all in your cold box for several hours.

Fruit Mousse.

One-cup rich fruit juice and one-half cup sugar. Boil to a syrup. Cool. Beat the whites of two eggs and add one cupful of the whip of cream. Beat all together. Pour into a mold, cover, and set on cracked ice in a cold packed box.

White Mousse.

Take one cup of sugar and one-third cup of boiling water. Cook as for making icing, until it threads. Pour this on the beaten whites of two eggs. Let cool and pour into it one pint of heavy cream whipped, also add a tablespoon of vanilla. Put in a mold and pack as for ice cream in salt and ice and let stand for four hours in a cold box.

Surprise Peaches.

Beat the whites of five eggs, add gradually one cup of sugar and follow with one quart of ripe peaches finely chopped. Beat until it is smooth. Chill and stand on ice in cold box.

Prune Jelly.

Take one-half box of Knox Acidulated Gelatine. Soak in one-half pint of cold water. To the juice

remaining from prune whip add enough water to make one pint. Heat, and when it boils pour it over the gelatine. Stir until it is dissolved and add one and three-fourths of a cup of sugar. Strain through a fine cloth.

Into a border mold pour enough of the jelly to make about an inch in thickness. When this is set, arrange on it blanched almonds and cooked prunes cut into symmetrical pieces. Then pour over the remainder of the jelly and when hardened turn it out and fill the center with whipped cream. Put the whipped cream also on the dish around the jelly and garnish with the prunes and almonds according to your taste.

Prune Whip.

Prepare the prunes in the cooker as given in the directions for "Prunes", leaving them long enough to become quite soft. Press enough of them through a sieve to make one cup of pulp. Beat the whites of four eggs to a dry froth and add to them the pulp a little at a time, beating well until all is used. Sweeten to taste. Heap lightly in a serving dish and surround it with halved prunes. To be served with rich cream.

Cocoanut Sponge.

Thicken a pint of milk with two heaping tablespoons of corn starch; add three tablespoons of sugar and a little salt. Cook ten minutes and when slightly cool beat in the stiffly beaten whites of three eggs and one cup of cocoanut and turn into a mold. Serve with a custard made with the yolks of the eggs, three tablespoons of sugar, and one pint of milk. Or serve with whipped cream.

Pineapple Sponge.

Soak one-half package of gelatine in as little water as possible. After it is dissolved add to it a boiling syrup made by boiling one teacup of water into one teacup of sugar. Stir this well and add one can of shredded pine apple. Set away to cool. When it begins to harden, stir in a coffee cup of cream which has been well whipped. Pour in a mold. Chill and set in the ice box.

Choice Recipes

Custards.

"Perhaps you like custards, or maybe a tart,
To either you're welcome, with all my whole heart."

Caramel Custard.

One quart of fresh milk, six eggs, one cup of sugar. Take two large tablespoons of sugar and burn in a spider until the color of coffee. Put in the milk and when the sugar is dissolved, strain the milk through a sieve or cheesecloth. Beat the eggs and sugar together and add to the milk. Put in a baking dish, set in hot water in the cooker, and boil ten minutes hard; then set in cooker for two hours. This is very nice baked in small custard cups in a pan of hot water in the oven for half an hour. Eat cold.

Chocolate Custard.

Soak together one pint bread crumbs, one quart milk, a teaspoon of cinnamon, and two ounces of grated chocolate. Beat together two eggs, a pinch of salt, and two tablespoons of sugar. Mash the soaked materials and beat in the egg mixture. Bake in a cooker oven one hour. Serve with a vanilla sauce.

Dainty Custard.

One pint of sweet milk, three eggs, one ounce of gelatine, one-half pound of sugar, one quart of whipped cream, and one teaspoon of vanilla. Make a custard with the milk and beaten yolks of eggs. Dissolve the gelatine and add to it. Allow this to cool. Then add the whipped cream. Lastly add the whites of eggs beaten stiff and stir lightly all together, adding the flavoring.

Lemon Sponge Custard.

Mix two heaping tablespoonfuls of corn starch with a little cold water and pour over it one cup of boiling water, adding to it the juice of one lemon and one coffee cup of sugar. Place upon the stove and let boil until thoroughly cooked; then pour it over the beaten whites of four eggs. Serve cold with whipped cream.

Macaroon Custard.

One quart of milk, four eggs, one cup of sugar, and one tablespoon of corn starch. Put the milk on to boil in double boiler, beat the yolks of eggs light, dissolve corn starch with a little milk. Add sugar and flavoring. Cook a few moments then place macaroons broken up finely in a dish and pour the custard over them. Serve cold.

Tapioca Custard.

Soak two tablespoonfuls of tapioca for two hours. Boil it in one quart of sweet milk for ten minutes, adding one-half cup white sugar, and put in cooker for two hours. Take from the cooker and pour over the yolks of three eggs beaten very light. Cook a few minutes. Allow it to cool; beat the whites of the three eggs stiff and stir in. Set on ice in cold box.

White Custard.

One quart of milk and one cup of sugar. Flavor with vanilla. Heat in double boiler until very hot. Pour it over the beaten whites of six eggs. Beat well. Heat hot again and set in the cooker two hours. Cool and serve.

Choice Recipes

Cakes.

“Breathes there a man with soul so dead,
Who loves not new-baked ginger bread?
Who, slipping through the kitchen door,
On baking day, sees goodly store
Of fragrant, umber-shadowed cake,
And half-unconscious, does not break—
A ragged chunk!”

Angel's Food Cake.

Take the whites of ten eggs, a pinch of salt, one cup of flour, one cup of granulated sugar, and one teaspoon of almond flavoring. Sift the flour and sugar separately six times, then sift together. When the eggs are foaming, add one-half teaspoon of cream of tartar. Fold in the flour and sugar. Do not break the air bubbles. Do not grease the pan. Put paper in the bottom and dredge with flour. Bake in moderate oven thirty or forty minutes. Turn pan upside down and put cups under the corners when taken from the oven.

Caramel Cake.

Two cups of sugar, one-half cup of butter (generous measure), one cup of sweet milk, three cups of flour and whites of four eggs. Sift three level teaspoons of baking powder into the flour. Cream butter and sugar, add the milk, then flour and baking powder. Beat thoroughly, then fold in lightly the whites of eggs beaten to a stiff froth. Bake in two sheets.

Caramel: Put one cup of granulated sugar in a saucepan. When melted and browned, add one cup of hot water and keep over the fire until dissolved, stirring as needed.

Caramel frosting for cake: Two cups white sugar, one-half cup of sweet milk, one level tablespoon of butter, and as much of the caramel as will make the desired color and flavor. It should not be too dark. Boil all together until it will drop thick from the spoon. Remove from the fire and beat until it is a thick creamy mass. If too thick to spread, add boiling water, a little at a time, until it will spread smoothly.

Chocolate Cake.

Two cups of sugar, whites of five eggs, one-half a cup of butter, one cup of milk, three cups of flour, and two teaspoons of baking powder sifted in. Five tablespoons of grated chocolate and one teaspoon of vanilla. Sift the flour four times before measuring, then add the baking powder and sift again. Proceed to mix as other cakes and bake in two layers.

Spanish Chocolate Cake.

Part I: Yolks of four eggs, one-half cup of butter creamed. Then add one cup of brown sugar, one-half cup of sweet milk, two heaping cups of flour, and sift in one teaspoon of soda.

Part II: One cup of brown sugar, one cup of grated chocolate, and one-half cup of sweet milk. Place over fire and melt but do not boil. When almost cold stir in part I. Add one-half teaspoon of baking powder. Bake.

Filling: Two cups of brown sugar, one-half cup of butter, and one-half cup of sweet milk. Boil ten minutes, and then beat until cold. Flavor with vanilla and spread between layers of cake and use as icing.

L. F. S.

Chocolate Frosting.

One cup of sugar, one-half cup of milk, small piece of butter. Boil this twenty minutes.. Take from stove and beat until it begins to thicken; then cream and add one teaspoon of vanilla. Grate two squares of sweet chocolate, set where it will melt, and spread over the other.

Emergency Cake.

Break one or two eggs in a cup. Fill the cup with cream. Beat together with one cup of sugar and vanilla. Beat all hard. Add a scant cup and a half of flour and a teaspoon of baking powder. Bake in two layers. When hot from the oven, sprinkle with soft sugar and cocoa and lay together.

W. D. S.

Home Fruit Cake.

Three cups of flour sifted with three teaspoons of baking powder, one cup of brown sugar, one cup of molasses, one-half cup of butter. Three eggs, three tablespoons of milk or cream. One-half teaspoon each of allspice, cloves, cinnamon and nutmeg. One-half pound each of raisins, currants, citron and figs, with one cup of nut meats, all cut fine or ground. Mix the fruit and spices together the day before making the cake. Grease baking powder cans, fill only half full, and steam thirty-five minutes. Then place in the cooker six hours. Remove the lids of the cans and dry off in a cool oven for one-half hour.

Lemon Ginger Bread.

One cup of brown sugar, one cup of lard and butter mixed, one cup of sour milk, four cups of flour, one cup of molasses, and four eggs. One

lemon grated, one tablespoon of ginger, two level teaspoons of soda, and one teaspoon of cinnamon. Bake in one sheet or in muffin pans.

Soft Ginger Bread.

One cup of brown sugar, one cup of butter, one cup of molasses, four cups of flour, three eggs well beaten. One tablespoon of soda, one and a half tablespoons of ginger, one teaspoon of cinnamon and a pinch of cloves. Sift the soda into the flour, beat the eggs, separating whites and yolks, cream the butter and sugar, add the spices, next the molasses, then the eggs, and the last thing add a cup of boiling water. Bake in sheets in a bread or dripping pan. Bake in a hot, not a quick oven for half an hour.

Hurry Cake.

One tablespoon of butter, one cup of sugar, one egg, one cup of flour, one teaspoon of baking powder, and a little salt. Stir up quickly. Bake in two pans. One can be used as a cottage pudding and may be eaten with sauce.

Quick Lemon Jelly Cake.

Cream one-fourth cup of butter and one cup of sugar. Add one well-beaten egg or the yolks of two, one-half cup of milk, and one and one-half cups of flour sifted with one rounded teaspoon of baking powder. Beat well and bake in a deep pie tin. When cooled a little, split and fill with the following jelly. Then sift over it pulverized sugar.

Lemon Filling.

One lemon, three-fourths cup of sugar, and one egg beaten light. Grate the rind and squeeze the

juice of the lemon. Mix with the other ingredients and boil, stirring all the time until thick and smooth. This jelly is fine for table use and may be served like other fruit jellies.

Marshmallow Cake.

Make layers of white or gold sunshine or angel's cake. Put good fresh marshmallows on top of one layer about one-half inch apart each way; lay on the other layer; cover with marshmallows to correspond with first filling. Put in slow oven and let soften enough to spread nearly together. To serve, cut in squares, leaving a marshmallow to each square.

Mocha Tart.

One cup of sugar beaten with the yolks of five eggs until light. One and a half tablespoonfuls of Mocha extract, one cup of well sifted flour, with one even teaspoon of baking powder. Sift the flour eight times, beat whites of eggs, then add to cake, stirring very little. Bake in two layers. Cold coffee may be used instead of the extract.

Filling: One-half pint of whipped cream, one and one-half tablespoonfuls of Mocha Tart extract sweetened to taste.

Icing: One scant cup of confectioner's sugar, one and one-half tablespoons of Mocha extract, enough water to spread well.

Orange Cake.

Two cups of sugar, one cup of butter, one cup of sweet milk, three cups of flour with three teaspoons of baking powder sifted into it. Yolks of two eggs and whites of five well beaten, grated

peel and juice of one orange. Add whites of eggs last. Bake in four layers and put together with icing. Add juice of one orange to the icing.

Sour Cream Spice Cake.

To one cup of sour cream add one-fourth teaspoonful of soda, or just enough to sweeten the cream, two eggs beaten, one-fourth teaspoonful of salt, one teaspoon each of cloves and cinnamon, and one-half teaspoon of grated nutmeg. Mix and add two and a half cups of flour, and a little more if needed, in which has been sifted two level teaspoons of baking powder. Beat thoroughly and stir in one cup of raisins dredged with flour. Bake in two sheets and cover with white icing. Cut into squares for serving. Bits of cream that come from the table often seem too small to be of use and are thrown out; but if carefully saved, they will reward for the trouble by furnishing a beautiful cup of sour cream that may be utilized in many ways.

Sponge Cake.

Take twelve eggs, one level pint of sifted flour, and one heaping pint of sugar. Separate the whites and yolks of the eggs, beat very light, then beat together, adding a pinch of salt. Slowly sift in the sugar and beat thoroughly. After measuring the flour add one teaspoon of baking powder and sift it several times. Add the flour to the eggs and sugar, folding it in gently. Do not beat the mixture. Add one teaspoon of flavoring and bake in square pans. If baked in a large loaf, bake one hour in a moderate oven. You can divide it into three smaller pans and it will take forty minutes to bake it in the cooker oven.

Beulah's Sponge Cake.

Two cups of sugar, one cup of water, two cups of flour, four eggs, and one teaspoon of baking powder. Separate the eggs, beating the whites dry, then adding the yolks, beating again. Add the sugar, then add the flour and last, the water. Add the baking powder to the flour, sifting the latter five times before measuring. Bake from thirty to forty minutes. This makes two layers. Put together with icing.

White Cake.

One-half cup of butter, two cups of sugar, two and one-half cups of flour, one cup of cold water or sweet milk, and five eggs. Cream butter and sugar, add alternately milk and flour. Leave a little flour to sift in with three level teaspoons of baking powder just before adding the whites of eggs. Add the whites of five eggs beaten very dry, a pinch of salt added to the eggs. One teaspoon of vanilla. Sift the flour before measuring. Fold the eggs into the batter lightly. Add baking powder the last thing and bake at once in two layers. Sift the flour five times. Ice with chocolate icing.

Chocolate Icing.

One and a half cups granulated sugar, one-half cup boiling water, and the whites of two eggs. Boil the sugar and water together until it threads. Melt over hot water two squares of chocolate. Pour the melted sugar over the whites of eggs, first beating them dry. Then add the chocolate.

Yellow Cake.

Two cups of sugar, one cup of butter, yolks of five eggs, one cup of milk, three and one-half cups

of flour, and three teaspoons of baking powder. Cream butter, beat yolks of eggs, mix butter and sugar together, then eggs, milk and flour. Add one teaspoon of vanilla. Bake in one loaf and ice with "Sunshine" icing.

Sunshine Icing.

One-half a cup of milk, one cup of sugar, one tablespoon of butter, and one-fourth teaspoon of cream of tartar. Boil all ingredients together from three to five minutes, then set in pan of boiling water and beat for ten minutes. Spread on cake.

Choice Recipes

Cookies.

Buns.

Two cups of flour, three quarters of a cup of butter, one cup of sugar, one and a half teaspoons of baking powder, one cup of sweet milk, and two eggs. Bake in muffin pans. M. B.

Graham Cookies.

One cup of sour cream, two eggs, two cups of brown sugar, one cup of black walnut meats. One and one-half cups of graham flour and one and one-half cups of white flour, one teaspoon of vanilla, and one teaspoon of soda. Bake as drop cakes. M. A. S.

Hermits.

Two cups of flour, one cup of brown sugar, one cup of lard or butter, two cups of dry oatmeal, two eggs, one cup of raisins. One level teaspoon of soda, same of cinnamon, one cup of chopped nuts and five tablespoons of raisin water.

Oatmeal Drop Cakes.

One cup of sugar, one scant cup of butter and other fat mixed, two eggs, seven tablespoons of cold water, two cups of flour, two cups of oatmeal, one cup of raisins, one teaspoonful of cinnamon mixed with three-fourths of a teaspoonful of soda. Drop by spoonfuls in a greased dripping pan. They will keep a long while.

Oatmeal Wafers.

Three cups of oatmeal, two cups of brown sugar, three-fourths cup of lard and butter mixed,

one-half cup of hot water, pinch of salt, and one teaspoon of soda. Roll out thin and cut in shapes.

Peanut Cookies.

One cup pastry flour, one teaspoon baking powder. Rub two tablespoons of butter to a cream, add one-half cup of granulated sugar and one egg. Beat thoroughly. Add two tablespoons of milk, then flour and one cup of chopped peanuts. Drop on greased tins and bake in a quick oven. The mixture needs to be rather thick. Drop by teaspoonfuls two inches apart.

Plain Cookies.

One cup of butter, four eggs, two cups of sugar, and one teaspoon of baking powder. Flour enough to roll out thin and bake. Sift sugar over before baking. Beat the butter light. Add sugar, then eggs, adding yolks first, not beating them. Beat whites light and add last.

Ralston Cookies.

One cup of sour cream, two eggs, two cups of sugar, five cups of flour, one teaspoon of soda, and one of vanilla. Use whole wheat flour.

Choice Recipes

Fruits.

"Bring me berries or such cooling fruit as the kind, hospitable woods provide."—COWPER.

Any fresh fruit may be cooked in the fireless cooker. Boil it over the fire a few minutes and let stand in the cooker a number of hours, depending upon the variety. Fruit will retain its original shape by this method. When carefully lifted into a dish or can it presents a most inviting appearance. Use rather less water than when evaporation occurs from boiling over the fire by the old way.

After being washed, dried fruits should stand several hours in the water in which they are to be cooked before being put on the stove. Sugar may be put into the fruit while it is heating; and usually, the fruit may remain in the cooker over night.

Fruits intended for preserves, jams, and marmalades should be made as dry as possible. When the sugar is melted into them and the mixture is boiling, the long cooking may take place in the box. This saves the long, wearisome stirring over the fire, and insures perfect cooking, with no danger of burning. The full value of the fireless cooker in cooking and canning fruits can be revealed to no one who does not prove it to herself by trial and experiment.

Preserved Apples.

Pare and cut into halves six large, smooth apples and carefully take out the cores. Boil together two cups of sugar and one cup of water.

Skim the syrup and into it put the apples. Boil five minutes over the fire and remove to the cooker for three hours. Then slice into them one lemon, squeezing in the juice. If a stronger flavor of the lemon is desired, it may be sliced into the apple before it is cooked.

The apples may be left a much longer time in the cooker and in that case they will become darker and of a richer flavor.

Apple Relish.

Quarter five apples, remove the core, and leave the skin on. Melt together one cup of sugar, two tablespoons of butter, and two tablespoons of water. Lay in the pieces of apple, peel side up. Cover, heat, and place in a cooker an hour or longer.

Apple Sauce.

Pare and quarter eight good cooking apples. Add two cups of water and one of sugar. Boil five minutes and place in the cooker five hours.

Apricots.

Soak one pound of dried apricots for several hours in cold water. Remove all the skin that can be conveniently pulled off. Drain and add lemon and sugar to taste. Cover with water. Boil five minutes and consign to the cooker. Let remain an hour or longer. Dried peaches may be cooked in the same way.

Orange Marmalade.

One dozen oranges. Wash well with a vegetable brush and prick several times with a fork. Put into a kettle and cover with water. Place the

lid on the kettle and boil fifteen minutes and place in the cooker for all night. In the morning take the oranges from the water. Remove the seeds and the white pithy portions. Then cut in two, squeeze slightly and run through the meat grinder, saving all of the juice. To each cupful of pulp use one cup of granulated sugar. If a bitter taste is desired use the water in which the oranges were boiled, one-fourth of a cup to every cup of pulp. Cook over fire until reduced to the proper consistency.

To Can Peaches.

Pare the peaches and put in glass preserve jars. Use one tablespoonful of sugar to every two peaches. Pack the jars full. Blanch two peach kernels and place on top. Put on the covers, but do not screw down. Stand in a kettle of water on a wire tray. Bring to a boil and set in the cooker five hours. The fruit will settle in the jars, leaving room for about two more peaches and juice. Provide for this need by cooking some peaches with sugar in a pitcher at the same time. Fill the hot jars quickly from the pitcher. Re-heat on the stove. Screw covers on tight. Keep in a cool place. Any fruit can be canned in the same way. Add vinegar and a little muslin bag of spices to each jar to make a delicious sweet pickle.

Canned Pears.

Pare large yellow pears. Cut them into halves and scoop out the cores. Cover them with cold water while you make a light syrup in proportion of one pint of water to one cup of sugar.

Prepare enough syrup to cover the quantity of pears you wish to cook. Boil and skim the syrup, drain the pears and put them into the boiling syrup. When boiling again place in the cooker for ten hours or over night. In the morning re-heat and can. For preserving the pears proceed in the same manner, making a richer syrup of three-fourths pound of sugar and one cup of water to one pound of fruit. After boiling and skimming add the pears. Boil fifteen minutes and consign to the box for twelve hours or over night. In the morning cook over the fire if necessary to thicken the syrup.

Preserved Quinces.

Pare, cut into quarters, and core the quinces and throw them into cold water as you pare them. Make a syrup of one pound of sugar and one cup of water to one pound of fruit. After boiling and skimming cook ten minutes and remove to the cooker for eight hours or more. Then cook slowly over the fire as seems necessary.

The cooking box is especially desirable for cooking the hard pears and quinces that require so much time over the fire.

Prunes.

Three cups of dried prunes. Soak them in cold water about fifteen minutes that they may be more thoroughly cleansed. Place them in a cooker kettle with four cups of cold water and one and a half cups of sugar. Bring slowly to the boiling point. Boil ten minutes and put into the cooker for four or five hours. Cooked in this manner the full flavor of the juice and the fruit are retained.

Some prunes will not cook in the time given. They may be re-heated and returned to the cooker, using your judgment as to the time required to complete the cooking.

Watermelon Preserves.

Take thick, firm, watermelon rinds. Pare them, remove all the soft portion and cut into small cubes. Place them over the fire with enough water to cover, and to each quart of the melon add one-fourth teaspoonful powdered alum. Heat to boiling temperature and leave in the cooker ten hours or over night. Then drain through a colander and pour cold water over it and drain again thoroughly. To each pound of the rind, add one pound of sugar, a few pieces of ginger root, and one cup of water. Boil and skim the syrup and when clear add the melon. Cook to your taste and then can. A pleasing variety may be made by coloring a portion with some of the pink powder from a package of Knox's gelatine. Put into the boiling syrup as much of the powder as will make the desired shade. This will make a beautiful color and will add to the attractiveness of the preserves.

Choice Recipes

Pickles.

“People who love downy peaches are not apt to think of the stone, and sometimes jar their teeth terribly against it.”

Our Favorite Catsup.

Peel and cut into small pieces twelve large ripe tomatoes. Chop fine four green peppers and two large onions. Put into a large cooker kettle with four cups of vinegar, one cup of brown sugar, two tablespoonfuls each of salt and ginger, one tablespoon each of cinnamon and mustard, one nutmeg grated. Mix thoroughly. Heat to boiling and consign to the cooking box for twelve hours or more. Then cook over the fire a short time if necessary, and seal in Mason cans. This is to be served with Boston baked beans.

Ripe Cucumber Sweet Pickles.

Pare large ripe cucumbers and cut them into quarters lengthwise, then once across, and scoop out the seeds and soft pulp with a spoon. Put them into a jar and sprinkle salt through them, about one-half cup to a gallon of cucumbers, and pour over them a little cold water. Let them stand twenty-four hours. Into a large kettle put vinegar and water in the proportion of one part vinegar to three of water, and to each quart add one-third teaspoonful of powdered alum. Bring to a boil, put in the drained cucumbers, and when just at the boiling point (do not boil), place in the box for one hour. Then drain and put into a stone jar. Prepare enough spiced vinegar to cover the cucumbers, using two cups of sugar and one tablespoon each of whole cloves and cinnamon to

each quart of vinegar. Tie the spices in cheese-cloth and throw them into the vinegar; boil and skim, and pour boiling hot water over the cucumbers. Cover the jar closely and let stand a few days and they will be ready for use.

Chili Sauce.

Twelve ripe tomatoes, two red peppers, two onions, one tablespoon of salt, six tablespoons of brown sugar, three teacups of vinegar, and cinnamon to taste. Peel the tomatoes and chop all together fine. Boil ten minutes and place in the cooker for two hours.

Dill Pickles.

One teaspoon of powdered alum, one cup of whole mixed spices, one cup of dill, and one-half bushel of large cucumbers. Put grape leaves in the bottom of a stone jar, then sprinkle a little dill, a little alum, a layer of whole cucumbers, and a little mixed spice. Alternate layers until jar is full, then cover with a brine made strong enough to float an egg. Dilute this using two-thirds brine and one-third water. Put in the jars and cover with a cloth and a plate turned over it. Once a week open up the jar and skim off as long as the pickles last. Dill is an herb to be found at drug stores.

Ginger Pumpkin.

Six pounds of pumpkin cut into small pieces and sliced thin, five pounds of granulated sugar, one-fourth pound of green ginger root, and the juice and grated rind of six lemons. Prepare and mix in the morning and let stand until night; then

put it into a small cooker kettle or jar, and inclose in the large kettle of boiling water. Leave it over the fire until it boils, and consign to the cooking box for the night. In the morning cook over the fire to reduce the syrup as much as you choose. Can.

Grand Mother's Pickles.

Four quarts of green tomatoes, one quart each of small onions, cabbage, cucumbers, cauliflower, corn, beans, and celery. Two green peppers and two red peppers. Heat to boiling. Set in the cooker eight hours. Reheat with the following dressing:

Dressing.

Two quarts of vinegar, one cup of sugar, one cup of flour, one tablespoon of turmeric, and one tablespoon of mustard. Boil all together and pour over mixture hot and seal up.

Spiced Peaches.

One pound of brown sugar, one pint of vinegar, one and one-half pounds of peaches, stick cinnamon, and whole cloves. Put the cloves in a small cheesecloth bag, also the cinnamon. Boil the sugar, vinegar, and spices together, add peaches, boil two minutes, and set in the cooker one hour, then put in cans.

Spiced Prunes.

Soak prunes ten minutes, wash well, remove the seeds, crack them and chop the kernels. Make a spiced vinegar, tying the spices in a bag. Heat the vinegar and put in the prunes and kernels. Boil five minutes and place in the cooker over night. Delicious.

A variation is made by whipping with an egg beater after being taken from the cooker. This may then be stiffened with gelatine or cooked down to a jelly or marmalade.

Watermelon Pickles.

Fill your cooker kettle with watermelon rinds pared and cut in cubes. Salt them slightly and cover with water. Boil ten minutes and set in the cooker kettle over night. In the morning drain them through a colander. Prepare a syrup to your taste. Heat the watermelon cubes in the syrup and can immediately.

Choice Recipes

Beverages.

Hot and Cold.

“Eat ye every one of his vine, and every one of his fig tree, and drink ye every one the waters of his own cistern.”—ISAIAH, xxxvi: 16.

Ambrosia.

Put left over fruit juices, fruit sauces, and good portions of defective fruit in a sauce pan with sugar to sweeten. Stew while you add a squeeze of lemon or, in lieu of that, a spoonful of vinegar and a grate or two of nutmeg. Let cool and add water sufficient to serve in sherbet glasses or tumblers for your number. Chill and set in the cold box until needed.

Chocolate.

Grate two squares of unsweetened chocolate into one-half cup of cold water. Add two tablespoons of sugar, a pinch of salt and one-half level teaspoon of cornstarch. Stir over the fire until melted. Add a cup of boiling water and stir it into three cups of heating milk. When it is all scalding hot, set it into the cooker until needed.

Breakfast Chocolate.

Crush or melt two squares of chocolate, add three tablespoons of sugar and four or five cups of boiling water. Boil ten minutes and set in the cooker all night. Add cream according to your taste in the morning.

Cocoa.

Heat one quart of milk and add one scant half cup of sugar. Dissolve one and one-half table-

spoons of cocoa in half a cup of boiling water. Mix. Boil a few moments and set in a cooker until needed.

Cracked Cocoa.

One-third cup "Cocoa Nibs" and three cups cold water. Bring to a boil and set in a cooker three hours. Strain and add one cup of hot milk. Serve immediately.

Grape Juice.

Pick the grapes from the stem, first washing them. Put in kettle over fire adding a little water and boil five minutes. Set in cooker five or six hours. Strain as for jelly, then to every quart of juice add one cup of sugar. If grapes are very sour, add more sugar. Boil five minutes and bottle. The grapes should be very ripe.

Bottled Grape Juice.

Put ripe grapes into deep pitchers at night. Stand the pitchers in boiling water. Let them remain over the fire until every grape is hot. Set in the cooker all night. In the morning pour the clear juice into pint bottles. Break but do not press the grapes. Add sugar to taste to each bottle. Bring the bottled juices to a boil immersed in kettles of water. Cork. Cool. When nearly cold drive the corks well down. This makes a refreshing and nourishing drink and other fruits also may be used in similar way.

Nectar.

Take the juice from three lemons. Add two cups of juice from any two kinds of fresh or stewed fruit. Boil one pint of sugar with one

quart of water five minutes. Color with pink sugar or red fruit juice. Add the syrup to the fruit juices. Chill. Serve from a punch bowl with sponge cake.

Fruit Punch, for Seventy-five Guests.

Take one and one-half dozen oranges, the same number of lemons, one large can of shredded pine apple, and four pounds of granulated sugar. Make a syrup of the sugar. Boil the rinds of the oranges in enough water to cover them. Squeeze the juice from the oranges and lemons and add to the orange water, also the sugar syrup and pine apple. Then add one quart of water and strain. Add enough water to make three gallons. Lastly add one box of large strawberries after they are washed and picked over. Cherries or peaches, pared and halved, are good in their season instead of strawberries. This will serve seventy-five people.

Raspberry Shrub.

To each two quarts of raspberries allow one pint of vinegar. Set them aside over night; then mash and strain. To one pint of juice allow one pound of sugar. Boil and place in cooker and let it remain two hours. Bottle and keep as long as you can refrain from drinking it up.

Coffee.

One level tablespoonful of coffee for each cup required. Add half an egg and enough cold water to moisten. Mix. Pour over one cup of freshly boiled water to each spoonful of the coffee.

When just at the boiling point, place quickly in the box and leave for an hour or more. Then

strain, heat to boiling, if necessary, and send to the table in the usual manner.

If a small quantity is to be made, place the small vessel in a larger kettle of boiling water.

Coffee for Fifty Guests.

One pound of coffee, best Mocha and Java mixed. Into it break two eggs and add enough cold water to mingle the coffee and egg thoroughly. Put into cheese cloth sacks, (not too small). Pour over three gallons of freshly boiled water. Bring just to the boiling point and remove at once to the cooker, to remain one hour or until time to serve it.

If a cooker with a large boiler is not available, put the coffee into the smaller ones, allowing the correct proportions of coffee and hot water for the size of the kettles. The measuring may be done as you put the coffee into the sacks.

Coffee made in the cooker does not require so much of the coffee grain, and the flavor is richer as all the aroma is retained. If the hour for serving is delayed, it cannot lose in quality or grow cold.

Postum Cereal.

Less postum is required if made in the cooker than if boiled over the fire. Four *level* teaspoonfuls is sufficient for one pint of water. Enclose in a cheesecloth sack and pour the boiling water over it.

If a large amount is to be made, place directly in the cooker, but a small quantity should be inclosed in the larger kettle of boiling water.

Index.

BEVERAGES, 202-205

- Ambrosia, 202
- Chocolate, 202
- Chocolate, Breakfast, 202
- Cocoa, 202
- Cocoa, Cracked, 203
- Coffee, 204
- Coffee for Fifty Guests, 205
- Grape Juice, 203
- Grape Juice, Bottled, 203
- Nectar, 203
- Postum Cereal, 205
- Punch for Seventy-five Guests, 204
- Raspberry Shrub, 204

BREAD, 137-143

- Biscuit, Baking Powder, 141
- Biscuit, Tea, 143
- Bread, Dutch Oven, 139
- Bread, Graham Nut, 140
- Bread, Miriam's, 140
- Bread, Peanut, 140
- Bread, Whole Wheat, 141
- Brown Bread, Alice's, 137
- Brown Bread, Best Boston, 137
- Brown Bread, Mrs. B's, 138
- Corn Bread, 139
- Corn Bread, Custard, 138
- Corn Cakes, 141
- Muffins, 142
- Muffins, Corn, 141
- Muffins, Graham, 142
- Rolls, Parker House, 143
- Rolls, Pocket Book Corn, 143
- Rolls, Potato, 142

CAKE, 179-186

- Angel's Food, 179
- Caramel Cake, 179
- Chocolate Cake, 180
- Chocolate Cake, Spanish, 180
- Emergency Cake, 181

- Filling, Lemon, 182
- Frosting, Chocolate, 181
- Fruit Cake, Home, 181
- Ginger Bread, Lemon, 181
- Ginger Bread, Soft, 182
- Hurry Cake, 182
- Icing, Chocolate, 185
- Icing, Sunshine, 186
- Jelly Cake, Quick Lemon, 182
- Marshmallow Cake, 183
- Mocha Tart, 183
- Orange Cake, 183
- Spice Cake, Sour Cream, 184
- Sponge Cake, 184
- Sponge Cake, Beulah's, 185
- White Cake, 185
- Yellow Cake, 185

CEREALS, 133-135

- Breakfast Hominy, 133
- Cornmeal Mush, 133
- Cornmeal Mush, Fried, 133
- Cream of Wheat, 133
- Graham Mush, 134
- Indian Meal Gruel, 134
- Oatmeal Custard, 134
- Oatmeal Gruel, 134
- Pettijohn's Breakfast Food, 135
- Quaker Oats, 135
- Whole Grain Oatmeal, 135

COOKIES, 188, 189

- Buns, 188
- Graham Cookies, 188
- Hermits, 188
- Oatmeal Drop Cakes, 188
- Oatmeal Wafers, 188
- Peanut Cookies, 189
- Plain Cookies, 189
- Ralston Cookies, 189

CUSTARDS, 176, 177

- Caramel Custard, 176
- Chocolate Custard, 176
- Dainty Custard, 176

- Lemon Sponge Custard, 177
 Macaroon Custard, 177
 Tapioca Custard, 177
 White Custard, 177
 DESSERTS AND CUSTARDS, 169-174
 Biscuit Glacé, 171
 Charlotte Russe, 169
 Chocolate Bavarian Cream, 169
 Chocolate Mousse, 172
 Cocoanut Sponge, 173
 East Indian Ginger Cream, 169
 Fairy Cream, 170
 Fruit Frappé, 171
 Fruit Mousse, 172
 Marsh Mallow, 171
 Marshmallow, 171
 Pineapple Sponge, 174
 Prune Jelly, 172
 Prune Whip, 173
 Queen Mab's Cream, 170
 Russian Cream, 170
 Surprise Peaches, 172
 White Mousse, 172
 EGGS, 119, 120
 Baked Eggs, 119
 Eggs for Tea, 120
 Perfection Omelet, 119
 Steamed Eggs, 119
 Swiss Eggs, 119
 ESCALLOPED FOODS, 112-117
 Cheese Soufflé, 116
 Chicken and Rice, 113
 Chicken Scallop, 113
 Escalloped Cabbage, 112
 Escalloped Cheese, 112
 Escalloped Green Corn, 113
 Escalloped Onions, 114
 Escalloped Oysters, 115
 Escalloped Potatoes, 115
 Escalloped Sweet Potatoes, 115
 Escalloped Tomatoes, 115
 Ham Scallop, 114
 Hominy and Cheese, 114
 Macaroni and Cheese, 114
 Tomato Soufflé, 116
 Tomatoes, Fried, 116
 FIRELESS COOKER, THE, 1
 How to Make It, 7-22
 How to Use It, 8-36
 What to Cook, 37-205
 FISH, 58-62
 Boiled Fish, 58
 Codfish a la mode, 58
 Creamed Oysters, 60
 Fish and Oysters, 59
 Fish Chowder, 58
 Hollandaise Sauce, 59
 Italian Fish, 59
 Oyster Dumplings, 61
 Salmon in a mold, 61
 Salmon Loaf, 62
 Salmon Shells, 62
 Steamed Fish, 60
 Stuffed Fish, 60
 FRUITS, 191-195
 Apple Relish, 192
 Apple Sauce, 192
 Apples, Preserved, 191
 Apricots, 192
 Orange Marmalade, 192
 Peaches, To Can, 193
 Pears, Canned, 193
 Prunes, 194
 Quinces, Preserved, 194
 Watermelon Preserves, 195
 GAME AND POULTRY, 65-70
 Chicken and Cracked Corn, 65
 Chicken, Creamed, 65
 Chicken Fricassee, 67
 Chicken, Fried, 66, 67
 Chicken Pie, 65
 Chicken Pot Pie, 68
 Duck, 68
 Fowl in a Casserole, 68
 How to Roast an Old Fowl, 68
 Jugged Rabbit, the English Way, 70
 Rabbit en Casserole, 69
 Turkey, 69
 HOW TO COOK IN A REFRIGERATOR, 29

INSULATED COLD BOX, 34

INSULATED OVEN, 31

INSULATED PAIL, 35

LEGUMES, 107-110

Bean Croquettes, 107

Bean Mound, 109

Beans in Soup Stock, 108

Boston Baked Beans, 107

Lima Beans, 108

Lentils, 109

Peas, Dried, 109

Split Peas, 109

Succotash, Winter, 110

MEATS, 73-90

Beef, Baked, 73

Beef, Braised, 73

Beef, Boiled Flank, 77

Beef, Brisket of, 74

Beef, Cannelon of, 74

Beef and Hominy, 77

Beef and Oysters, 78

Beef, Hamburg Steak, 77

Beef Hash, 77

Beef Loaf, 78

Beef, Pocket Steak, 75

Beef Relish, 79

Beef, Roast, 79

Beef Roll, 80

Beef Steak, Rolled and
Stuffed, 80

Beef, Timbale of, 80

Beef, Tyrone Loaf, 81

Boiled Dinner with Mus-
tard Sauce, 74, 75

Boiling Meats, 73

Brown Sauce, 74

Calf's Liver, 87

Egg Sauce, 88

Ham, Boiled, 85

Ham and Steak, Rolled, 86

Ham a la Venison, 85

Lamb with Celery, 82

Lamb, Cold Leg of, 82

Lamb with Tomatoes and
Rice, 82

Mutton Ball, 82

Mutton Chop, 83

Pasties, English, 76

Pork Chops, 83

Pork, Leg of, 83

Potted Meat, 78

Pot Roast, 79

Sausage on Hominy, 83

Scrapple, 85

Tenderloins, Stuffed, 84

Tongue, Boiled, 81

Tongue, Boiled, Another
Method, 81

Veal, 87

Veal, Baked, 87

Veal Birds, 87

Veal Dinner, 88

Veal Loaf, 88

Veal Mold, 89

Veal Pot Pie, 89

Veal and Tongue Roll, 90

Veal with Rice, 90

PICKLES, 197-200

Catsup, Our Favorite, 197

Chili Sauce, 198

Cucumber Sweet Pickles,
197

Dill Pickles, 198

Dressing, 199

Ginger Pumpkin, 198

Grandmother's Pickles, 199

Spiced Peaches, 199

Spiced Prunes, 199

Watermelon Pickles, 200

PIES, 145-149

Apple Meringue Pie, 145

Chocolate Pie, 145

Cottage Cheese Pie, 146

Cream Pie, 146

Custard Pie, 146

Dutch Apple Pie, 147

Lemon Pie, 147

Mince Meat, 147

Pie Crust, 145

Pineapple Pie, 148

Pumpkin Pie, 148

Strawberry Shortcake, 149

PROMETHEAN COOKER, 7

PUDDINGS, 151-166

Apple Pudding, 151

Apple Pudding, Cold, 152

Apple and Brown Bread
Pudding, 151

Apple Tapioca, Jellied, 152

Bread Pudding, 152

Brown Betty, 152

- Cake Pudding, 153
- Chocolate Pudding, 153
- Christmas Plum Pudding, 162
- Cinnamon Pudding, 154
- Cocoanut Sunshine, 155
- Corn Meal Pudding, 154
- Cottage Pudding, 155
- Currant Cups, 155
- Date Pudding, 156
- Date Pudding, Western, 156
- English Plum Pudding, 161
- Estelle Pudding, 156
- Fig Pudding, 157
- Georgie's Ginger Pudding, 158
- Gingerbread Pudding, 157
- Graham Pudding, 158
- Indian Pudding, 159
- Indian Pudding, Baked, 159, 160
- Peach Pudding, 160
- Penrith Pudding, 160
- Pineapple Tapioca Pudding, 160
- Prune Pudding, 163
- Prunes with Hominy, 163
- Rice Pudding, 164
- Steamed Blue Plum Pudding, 162
- Steamed Pudding, Mrs. Moulton's, 165
- Suet Pudding, 165
- Topeka Rice Pudding, 164
- W. K. Pudding, 166
- SAUCE, 157, 163, 164
 - Sauce, Hot Foamy, 157
 - Sauce, Plum Pudding, 162
 - Sauce, Portia's Pudding, 166
 - Sauce, Soft Pudding, 153
 - Sauce, Sour, 154
- SALADS, 122-130
 - Banana Salad, 127
 - Bean and Pea Salad, 122
 - Beet Salad, 122
 - Cheese Balls, 123
 - Cheese Eggs, 129.
 - Chicken Salad, 122.
 - Cold Slaw, 123
 - Cottage Cheese, 123
 - Cress and Cabbage Salad, 129
 - Currants, 128
 - Dessert, a Simple, 128
 - Dressing, 122
 - Grape Fruit Salad, 127
 - Ham Salad, 124
 - Hominy Salad, 125
 - Mock Whipped Cream, 125
 - Nasturtium Salad, 129
 - Nautilus Salad, 125
 - Orange and Apple Salad, 129
 - Pineapple Salad, 129
 - Potato Salad, 125
 - Salad Dressing, 123
 - Salad Dressing, Hygeia, 127
 - Salad Dressing, Ruth's, 124
 - Salad Dressing, Whipped Cream for, 127
 - Strawberries and Whipped Cream, 128
 - Tomato Salad, 126
 - Tomato and Cucumber Salad, 128
 - Tomatoes, Stuffed, 128
 - Vegetable Salad, 130
 - Winnebago Salad, 126
 - Winter Salad, 126
- SOUPS, 37-55
 - Bean Porridge, 40
 - Bean Porridge, Another Way, 40
 - Bean Purée, 53
 - Bean Soup, 39
 - Bean and Tomato Soup, 41
 - Beef Tea, 42
 - Black Bean Soup, 41
 - Brown Soup Stock, 37
 - Chestnut Purée, 53
 - Cinderella Soup, 42
 - Cream of Asparagus Soup, 50
 - Cream of Chicken Soup, 51

Cream of Corn Soup, 51
 Cream of Lima Bean
 Soup, 51
 Cream of Pea Soup, 52
 Cream of Spinach, 52
 Cream of Vegetable Soup,
 52

Dried Pea Purée, 53
 Esau's Pottage, 42
 Fine Flavored Purée, 54
 Green Corn Soup, 42
 Hasty Soup, 43
 Italian Soup, 43
 Lentil Soup, 43
 Mock Oyster Soup, 43
 Potato Purée, 54
 Purée of Barley Corn, 53
 Rice and Potato Soup, 45
 Scotch Broth, 44
 Seasoned Soup Stock, 38
 Soup with Rice, 47
 Soup without Meat, 47
 Soup, To Clarify, 39
 Split Pea Soup, 44
 Swiss Potato Soup, 45
 Tomato Bouillon, 46
 Tomato Soup, 46
 Turkey Soup, 46
 Unseasoned Soup Stock,
 38
 Vegetable Soup, 48, 49
 Vegetable Soup, New Eng-
 land, 49
 White Soup Stock, 39

SOUP ACCOMPANIMENTS, 54, 55
 Cheese Fingers, 54
 Croutons, 54
 Egg Balls for Soup, 55
 Garnish for Soups, 55
 Soup Sticks, 55

STEAMER COOKER, 17

SUGGESTION, A, 36

UTENSILS, COOKING, 21

VEGETABLES, 93-104
 Asparagus, 93
 Beans, Green, 93
 Beans, Green Shelled, 93
 Beans, Fresh Lima, 94
 Beets, Fresh, 94
 Beets with Dressing, 94
 Cabbage, Boiled, 95
 Cabbage, Creamed, 95
 Carrots, Creamed, 95
 Cauliflower, 96
 Corn, Roast, 97
 Corn, Boiled, 96
 Corn, Sweet, 96
 Cream Sauce, 93
 Dressing, 94
 Hominy, Baked, 97
 Hominy, Boiled, 97
 Hominy, Fried, 97
 Macaroni with Tomato
 Sauce, 97
 Onions, Boiled, 98
 Onions with Tomato
 Sauce, 98
 Parsnips, Fried, 99
 Parsnip Fritters, 98
 Peas, Green, 99
 Peas in Milk, 99
 Pilaffe, Turkish, 104
 Potatoes, Boiled, 99
 Potatoes, Steamed, 99
 Potatoes, Warmed Over,
 100
 Radishes, 101
 Rice, Boiled, 101
 Spinach, 101
 Squash, Summer, 101
 Squash, Winter, 102
 Succotash, 102
 Sweet Potatoes, Boiled, 100
 Sweet Potato Croquettes,
 100
 Tomato Sauce, 98
 Tomatoes, Stewed, 103
 Turnips, Boiled, 103
 Turnips, Creamed, 103
 Turnips with Sauce, 103





